



## 'Kindness and Compassion Are Top Priorities' at Dermatology Health Specialists

by ANDREA HINE — CBN Feature Writer



TO ACCESS PATIENTS IN OUTLYING AREAS, DERM HEALTH HAS OFFICES IN BEND, REDMOND AND LA PINE | PHOTO COURTESY OF DERMATOLOGY HEALTH SPECIALISTS

Dr. Oliver Wisco, an Oregon native who spent 27 years in the U.S. Air Force — including time as a medical dermatologist and Mohs surgeon — went “kicking and screaming” to Mississippi for his last assignment, confident that once it had ended, he would return to academia (where he had studied and taught at such prestigious institutions as Harvard, Emory and Tulane University’s Schools of Medicine).

Upon arriving in Mississippi, he met a 22-year-old single mother (who was living with her own mother while raising an infant daughter) with advanced-stage melanoma. This patient radically changed Wisco’s professional direction.

As Dr. Wisco explained, “Suffering from a skin eruption, the patient was advised to use light therapy to treat her condition. As this option was not available locally, she chose instead to frequent local tanning salons over the next several years. Nearly a decade later, the woman developed a large mass on the side of her neck next to a rapidly changing mole. Unfortunately, her melanoma was very aggressive, and — lacking access to a large medical center with more advanced options — she subsequently died.”

As a result of that experience, said Wisco, “I told myself, ‘We have to do a better job of reaching these populations to educate them on how to prevent skin cancer. And if cancer does occur, we need to get to them early, when their cancer is treatable.’”

Far from being deterred by the challenges involved, Dr. Wisco made healthcare

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## A Better Eyelid Lift Bend Company Develops Innovative Medical Device

by NOAH NELSON — CBN Feature Writer

Osheru, a medical device company based in Bend, has secured \$4.7 million in funding for the purpose of advancing an innovative new device called the Ziplift, which provides both surgeons and patients a smoother eyelid surgery experience.

Osheru is headed by CEO and Founder Patricia Buehler, MD, MPH, along with Co-Founder and COO Knute Buehler, MD, MA. Between the two founders, there is more than 50 years of surgical experience, with Knute’s background being focused primarily on joint, and specifically knee replacement, while Patricia specializes in blepharoplasty; the procedure that Ziplift greatly improves.

Blepharoplasty is a procedure that removes unwanted and excess upper eyelid skin, resulting in improved peripheral vision and appearance. As a result of nearly 30 years of expertise and a visit to the ancient Egyptian section of the MET where she learned about a similar, but more ancient method, she developed the Ziplift.

“My innovation insight was inspired by an ancient



L DEVICE 2 R DEVICE 2 | PHOTOS COURTESY OF ZIPLYFT

Egyptian medicine exhibit showing how Egyptian healers removed excess lid skin by compressing the skin between two small twigs, depriving it of blood supply. The excess

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## Annual Healthcare Supplement — Pages 9-33

## New Cancer Center Redmond Community Eagerly Awaits New Medical Facility

by NOAH NELSON — CBN Feature Writer

In June of this year, the City of Redmond saw a groundbreaking ceremony for a new Cancer Center through St. Charles Health System. The new facility is planned to open sometime in 2026, expanding cancer care and making it more accessible for Redmond and other communities in the region.

“We are thrilled to celebrate this milestone for our new Cancer Center, which shows our commitment to providing world-class care to cancer patients throughout the region,” said Dr. Steve Gordon, president and CEO of St. Charles, in a press release. “This new facility will have a tremendous positive impact on our community, as it will expand access and services to Redmond and surrounding communities, serving 300 or more cancer patients every day.”

“The new facilities will include services for radiation oncology, chemotherapy infusion, surgical oncology as well as expanded support services,” said Public Information Officer of St. Charles Alandra Johnson. “These services are already available at the Cancer Center in Bend.”

The new facilities will be around 53,000 square feet —



RENDERING | COURTESY OF ST. CHARLES HEALTH SYSTEM

about nine times larger than the existing Cancer Center in Redmond. Aside from a significant size upgrade, the new Cancer Center will feature world class technology that will provide cancer patients types of treatment in their hometown that used to have to drive to Portland for.

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### Energy Trust of Oregon Seeking New Members for Diversity Advisory Council

Energy Trust of Oregon has a vision of clean and affordable energy for everyone — including those who have been historically underserved. To achieve this vision, we need perspectives and representation from diverse individuals representing the many customers we serve. That's why Energy Trust created its Diversity Advisory Council, which is now accepting applications for new members.

The council, first established in 2019, provides advice and guidance to Energy Trust's board and staff. Council members share perspectives that help shape and inform Energy Trust's programming and outreach efforts, ensuring that diversity, equity and inclusion (DEI) is integral to

Continued on Page 38 ▶

### Bend Language Institute Launches Corporate Language Program

by SARAH ECKERT

Bend Language Institute (BLI) has been serving the Central Oregon community's language learning needs since opening its doors five years ago. They teach private lessons and group classes in several different languages, including Spanish, Italian, English,

Continued on Page 38 ▶



PHOTO | COURTESY OF BEND LANGUAGE INSTITUTE

### RECENT TRANSACTIONS

Compass Commercial Real Estate Services brokers Russell Huntamer, CCIM and Eli Harrison represented the Sublessor, Crave Bend, LLC, and the tenant, Uptown Hospitality Group, in the sublease of the 1,788 SF restaurant located at 335 SW Century Drive in Bend. Huntamer and Harrison also represented both parties in the business sale of Crave Bend. The new owners intend to keep the business running as Crave Bend.

Submit your Recent Transactions to Jeff@CascadeBusNews.com to be seen in the next edition of Cascade Business News

### Announcing the Bend Venture Conference (BVC) New Economy Track Semifinalists

Economic Development for Central Oregon (EDCO) is excited to announce the eight semifinalist companies advancing in the New Economy Track for the 21st annual Bend Venture Conference (BVC) on Thursday, October 17-Friday, October 18, 2024.

This year's conference continues BVC's legacy as the largest and longest standing angel investment event in the Pacific Northwest, driving innovation

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### Bend Chamber Launches Low-Interest Loan to Spur Workforce Housing Development

The Bend Chamber will hold a news availability event on Thursday, August 29 at 12pm, to showcase the next phase of its Workforce Housing Initiative. The event celebrates a new, low-interest loan from the Chamber, funded by an initial seed donation of \$500,000

from Providence Health Plan. The loan product provides early-stage capital at a low interest rate to reduce the cost of constructing a home, making

Continued on Page 38 ▶

### Sisters Coffee Company Celebrates 35 Years with a Rebrand — & Free Coffee!

Thirty-five years after its founding in a small wooden cabin in Sisters, Sisters Coffee Company is celebrating its anniversary with a brand refresh and free bags of coffee for customers who buy drinks in its cafes Friday, September 6. The new branding comes

as the company shifts to new recycled packaging for its coffee beans.

"It's hard to believe that it's been 35 years since our parents launched

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# Tananáwit

## Native Art Gallery & Shop in Warm Springs

by **NOAH NELSON** — CBN Feature Writer

Opened in September of 2022, Tananáwit is a Native-owned and operated nonprofit art shop and gallery with a mission to promote, preserve and advance traditional artforms that are common among Native artists in the Warm Springs Reservation. Their gallery and art shop is filled 100 percent with Native art, with around 95 percent coming from artists within the Confederated Tribes of Warm Springs, which includes the Warm Springs, Wasco and Paiute tribes. The remaining five percent of the art comes from the groups' sister tribes, like the Confederated Tribes of Umatilla.

In the 2010s, a group of community members and artists in Warm Springs came together and decided they wanted to create an artists' co-op



PHOTOS | COURTESY OF TANANÁWIT



YOUTH ART FAIR TEACHERS AND STUDENTS

to help promote Native artists. They began working with the Warm Springs Community Action Team, also called WSCAT. "Once WSCAT got involved, they began to pull in other organizations that might be able to help out, including the Oregon Native American Business and Entrepreneurs Network (ONABEN)," said Tananáwit's Executive Director Debbie Stacona.

Debbie runs Tananáwit with a small but dedicated team: Natalie Kirk is the shop manager and artist coordinator, and Jason Smartlowit leads sales and accounting.

Debbie spent over 20 years working at the Museum at Warm Springs and recalls absolutely loving her work. Her passion for supporting Native art, history and culture drives her to spend each day trying to make a difference for artists and community members who can sometimes be overlooked in the broader Central Oregon art scene. Throughout her career, supporting the Confederated Tribes of Warm Springs has always been a top priority. "We

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# Tananáwit

*Continued from previous page*

exist solely to help our community," Debbie said. "Tananáwit wouldn't be here without the trust and support from so many people, from artists and community members to the visitors who see us along the highway and choose to come in."

The word Tananáwit, from the Indigenous Ichishkin language, is not directly translated to English. The language has the same roots as languages spoken by the Yakama and Nez Perce, and in 2014, there were only an estimated 50 fluent speakers of the language. Debbie did not recognize the word when she was first hired, but she gained some insight after speaking to a tribal elder who was also a linguist of the language. "She told me that tananáwit was the first everything," Debbie said. "Tananáwit was the first huckleberry plucked, the first salmon caught, the first ceremony, the first root pulled... It's the first of everything, and it also implies growth, or continuation."

The name is fitting for the nonprofit. Tananáwit is the first of its kind in Warm Springs, and it has already expanded to create a larger gallery and shop. Not only that, but the mission of the nonprofit also reflects this idea. For many Native artists and their careers, this is their tananáwit; the beginning of their career as a professional artist who is growing in their own skills while also teaching others. "We started out with 30 artists, and even that took some time, just to gain their trust and show them that we value them and their art, not profits," Debbie said. "Now we have art from 61 artists, all of whom are Native."

One of the ways in which Tananáwit supports Native art is by having workshops for artists and community members to come learn a variety of skills. They have held entrepreneurial classes for artists, to help them manage the business side of their career in art. For kids and adults in the community, there are classes run by artists who are master weavers, jewelry makers, painters, sculptures, and much more (an upcoming workshop will teach adults how to make moccasins).

A major reason why Tananáwit was founded and why they have remained successful, is the massive amount of community support they have received. They wanted to expand the gallery by occupying an adjacent space that was already inhabited by another business, and the other business simply agreed to move to allow the gallery to expand. Some of the art came from the Museum at Warm Springs, and only took one phone call (and a walk across the highway) to retrieve.

Aside from one-off stories of other organizations going out of their way to support Tananáwit, community support can be seen by the eagerness of artists to get in the gallery, and the popularity of their workshops.

Debbie and her team are very grateful to be the recipients of a \$200,000, two-year grant from the First Nations Development Institute. The grant funds will be used to support the operations of the

nonprofit while allowing the artists featured in the gallery and art shop to greatly benefit from their sold work.

Now having spent two years at Tananáwit, Debbie has big plans for the future. From more physical expansion of the gallery to house more art and artists to increasing the frequency and size of workshops, there is plenty to be done. "It's really all about the community," Debbie said. "As long as they keep supporting our growth, we'll keep growing."

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TANANAWIT STAFF RECEIVING CHECK FROM FIRST NATIONS DEV. INST.



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# How to Handle Employee Personnel Records Requests

by NATALIE PATTISON, Attorney — Barran Liebman LLP

Oregon employers: do you know what to do when a current or former employee requests their personnel records? There are certain obligations and requirements employers must comply with when an employee requests their personnel records. Now is a good time for employers to ensure familiarity with the rules and requirements regarding employee personnel records to be prepared and able to properly respond if/when an employee requests their records.



## Oregon Law on Personnel Records

Under an Oregon law regarding personnel records (ORS 652.750), employers must provide employees with a reasonable opportunity to inspect their personnel records along with time and pay records and provide a “certified” copy of the records, upon request. Importantly, this requirement does not just apply to current employees; former employees also have the right to request and inspect/obtain copies of their records.

The requirement that employers provide a “certified” copy is somewhat unclear, as the law does not explain what it means to provide a “certified copy.” While employers should attest that they are providing a certified copy of the personnel records, nothing in the law requires that employers sign a statement under oath or penalty of perjury about the records and employers should avoid doing so.

## Timeframe for Responding to a Request

Employers must furnish a certified copy of the records and provide reasonable opportunity for the employee to inspect their personnel records and time and pay records within 45 days after receipt of the employee’s request.

Note, if the employee’s personnel records or time and pay records are not readily available, there is a limited exception wherein “the employer and the employee may agree to extend the time within which the employer must provide the employee reasonable opportunity to inspect the records or furnish the employee a certified copy of the records.”

## Documents Employers Must Provide in Response to a Request

Within 45 days after receipt of the employee’s request, employers must provide (1) “personnel records;” and (2) time and pay records.

Personnel Records: The law defines personnel records fairly broadly and it includes an employee’s records “that are used or have been used to determine the employee’s qualification for employment, promotion, additional compensation, employment termination or other disciplinary action.” This can cover a lot of different materials; some examples may include materials related to the hiring process (e.g., job advertisements, application materials,

interview notes, offer letter, any employment contract), signed agreements (e.g., arbitration agreements, non-compete agreements, confidentiality agreements, etc.), handbook acknowledgements, job descriptions, performance evaluations, discipline, attendance records, training records, job changes (e.g., promotions, re-assignments, transfers, demotions, etc.), and any materials related to changes in pay.

Although the law defines personnel records broadly, there are certain records that should not be included. For example, the following materials should generally not be included: criminal records (e.g., records of an individual related to the conviction arrest, or investigation of conduct constituting a violation of criminal law), confidential reports from previous employers, tax records, immigration documents, and medical records. Documents and communications covered by an applicable privilege, such as the attorney-client privilege and/or work product privilege, should also not be included.

Time and Pay Records: Time and pay records are defined to mean “payroll records and other records and data” described under applicable administrative rules established by Oregon’s Bureau of Labor and Industries (BOLI). For example, some of the materials that should be included as time and pay records include, but are not limited, to the following: time of day and day of week on which the employee’s workweek begins, regular hourly rate of pay for any workweek in which overtime is owed, hours worked each workday and total hours worked each workweek, daily or weekly straight-time earnings, pay for overtime hours, total wages paid each pay period, date of payment and covered pay period, etc.

## Recordkeeping Requirements

Upon termination of employment, Oregon’s personnel records law requires employers to keep the terminated employee’s personnel records for not less than 60 days. Employers must keep an employee’s time records for not less than two years and an employee’s payroll records for not less than three years. However, employers may choose to maintain them for a longer period given the statute of limitations for certain claims in Oregon (e.g., five-years statute of limitations under Oregon’s Workplace Fairness Act; six-years statute of limitations for wage/contract claims in Oregon), as it can be difficult for employers to defend against a claim without having access to the relevant records at issue.

Oregon employers should review their process for responding to personnel records requests to ensure timely and compliant responses and avoid penalties.

Natalie Pattison is a Barran Liebman LLP attorney, where she counsels and represents employers on a wide range of employment and labor matters. Contact her at 503-276-2104 or npattison@barran.com.  
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## Having a Coach in Your Corner

by Expert KEITH SHERRILL —  
Central Oregon Community College

### Question

I am starting a small residential construction business and my banker suggested that I get in touch with a business advisor through the Oregon Small Business Development Center (SBDC) at Central Oregon Community College.

What are SBDC business advisors? Are they actually coaches? What help can they provide?

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1. An SBDC advisor combines the role of coach and advisor into one, providing a sounding board, encouragement and valuable insights to help keep you and your business moving forward and navigate the complexities of entrepreneurship.
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3. Regular interactions with advisors reinforce the discipline needed to overcome disappointments, maintain focus, resilience and determination in

the face of setbacks.

4. Ultimately, having both a leadership coach and a trusted business advisor from SBDC equips individuals with the tools, insights and support necessary to thrive among challenges, increasing chances for long-term success and growth.

Central Oregon Community College's Small Business Development Center offers free, confidential professional business advising and a variety of low-cost courses to help entrepreneurs through the business lifecycle. The SBDC's next Small Business Management Program cohort begins Oct. 9. Visit [cocc.edu/sbdc](http://cocc.edu/sbdc) to learn more.

**About the Expert:**

Keith Sherrill served most of his adult life in the U.S. Army, quickly rising in the ranks within the elite 75th Ranger Regiment and 160th Special Operations Aviation Regiment. Upon exiting the military, Keith applied his lessons learned and leadership to his own entrepreneurial pursuit, building an award-winning microbrewery and beer brand from the ground up. He holds an MBA from William & Mary and is a graduate of the Stanford Graduate School of Business's Ignite program.

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# Red Chair Gallery

## Ringing in Their 15th Year in Bend

by NOAH NELSON — CBN Feature Writer

The Red Chair Gallery, located in Downtown Bend on Northwest Oregon Avenue, is celebrating their 15th year of business, and being part of the Bend community. The gallery is owned and managed by Rita Dunlavy, a tile and mosaic artist, herself.

Rita recounted the story of how the Red Chair Gallery was founded, talking about how a group of artists who had lost their display space at Mirror Pond Gallery, and brainstormed the idea of starting a new gallery. "A couple of the artists in that group knew me as an instructor at the Art Station who was also retired from public accounting and thought I might be able to give a little guidance about how the structure might work," she said. "They seemed dedicated to having a home for emerging artists and I didn't have to think too long about it."

Rita and the group of artists came across an address, the current one they use today, and decided it would be perfect; huge glass windows and a very tall ceiling make it ideal to display art of any shape or size. "If a small group of artists were willing to invest their own money and time, it would be worth trying to build it," Rita said. "There were originally six partners, including myself. We all put in the cash to do the build outs and everyone took responsibility for the business tasks that most suited each of us."

Overtime, the artists learned that pursuing their art career and running their business-oriented role in the gallery was difficult, so they eventually went back to full time art, allowing Rita to run the gallery solely. "It was difficult when a partner left but it happened over several years," she said. "They all left their mark and had an impact on where we are today."

Today, the gallery hosts a wide variety of artistic mediums, including ceramics, painting, photography, encaustic work, glass and mosaics, fiber and woodworking, jewelry and more.

The gallery opened in August of 2010, still feeling the effects of the recession. Rita said that, despite the economic situation and some early struggles, the feedback from the community was very positive.

When asked about how the gallery has supported artists throughout the years, Rita spoke on the spirit of camaraderie at Red Chair. "We have approximately 30 artists in the Red Chair Gallery," she said. "I am pretty sure each and everyone here knows everyone. We are a pretty personable family oriented Red Chair community. It is nothing like it might be in a company you work for. They cover for each other in emergencies, they meet for meals and some even travel together. I never experienced that kind of camaraderie in all my working life until the Red Chair Gallery."

Looking back over the years, Rita has learned quite a bit about how to effectively run an art gallery, "Over time, we have tightened up many procedures and training times, adjusted artwork inventory to address the seasons and made strict policies



PHOTO | COURTESY OF RED CHAIR GALLERY

for times when something as bad as COVID shows up," she said. "If downtown activity affects our sales at any given time, we do not compete with that; we just shorten our hours."

Another lesson comes in understanding what the community, both tourists and locals, actually want to buy. While summer profits are bolstered by visitors to the area, locals make up year round sales. A key to success comes in adjusting your offerings to reflect what those locals want to buy. This includes selling a variety of painting and artwork sizes, allowing for easier travel back home, either in a car or packed in luggage for a flight. Also, the gallery doubled their number of active jewelers in order to provide more options for smaller gifts.

Reflecting on that success, Rita is very grateful for the lessons learned, and the continual support from the Bend community, "I am very happy that we have reached our 15th year. It sort of snuck up on us. I would like to think we will be here to celebrate our 20th. A large percentage of our artists have been with us since the first day," she said.

Her last message to Bend is simply, "Thank you for everything," as she plans the future of the gallery, with hopes of maintaining their current business model and contributing to the culture of this community.

[redchairgallerybend.com](http://redchairgallerybend.com)

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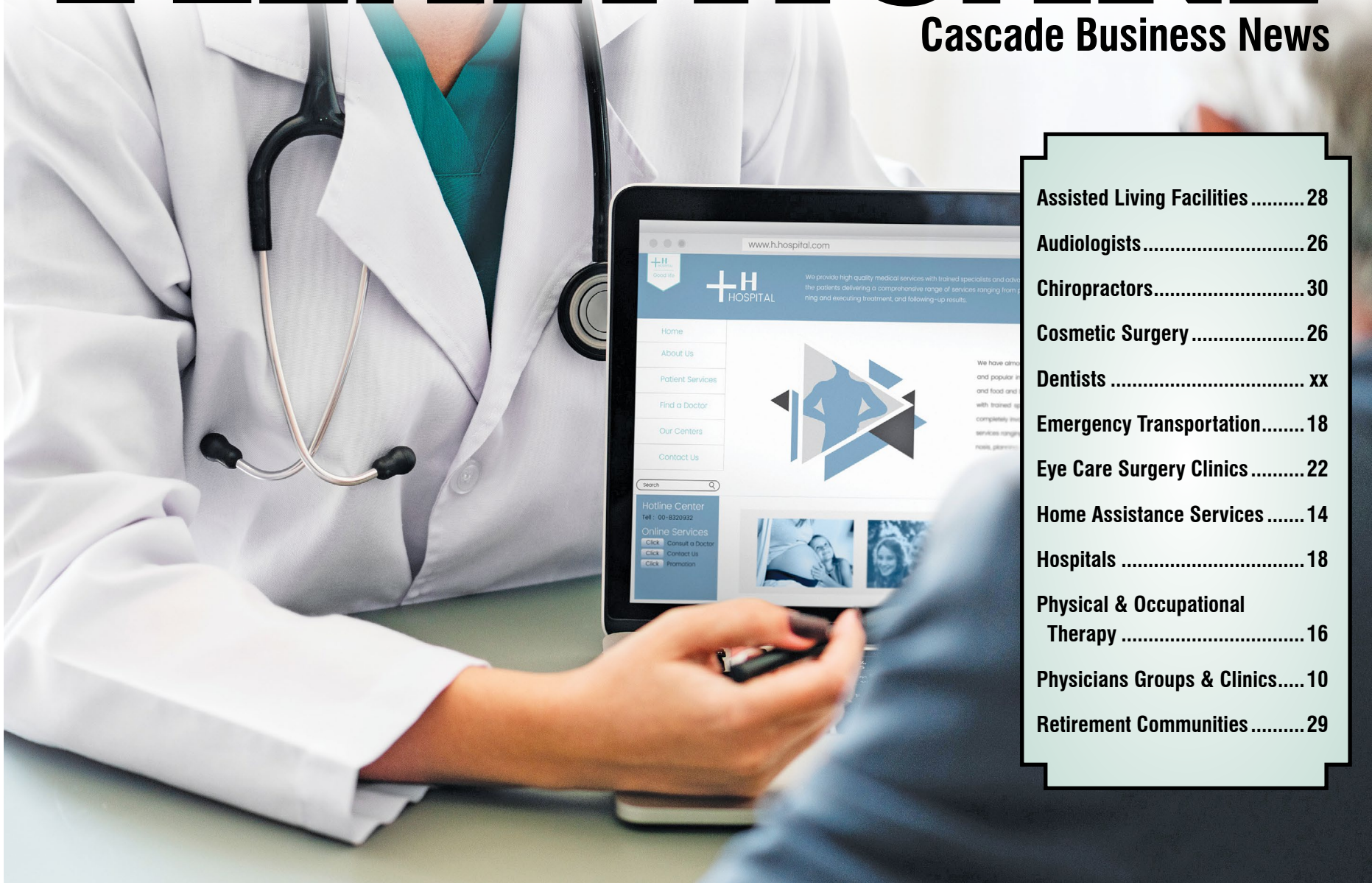
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# H CENTRAL OREGON HEALTHCARE

Cascade Business News



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“The beauty of hospice and palliative care is we treat people as a whole: their bodies, mind, and spirit. More time with family, fewer symptoms, more comfort, seeing a grandchild, being at a certain event, and even living for another birthday. Our whole team helps families see that there is always hope.”

- *Dr. Jennifer Blechman,*  
*Palliative Care Medical Director*



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## Physician Groups & Clinics *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Doctors	Other Area Locations	Patients Per Month	Services
Bend Dermatology Clinic, LLC 2747 NE Conners Ave. Bend, OR 97701	541-382-5712	541-382-2605	www.bendderm.com suzanne@bendderm.com	Suzanne Maitland	45	1980	5	Central Oregon	3,300	Diseases & surgeries of the skin.
Bend Hernia Center 2450 Mary Rose Pl., Ste. 210 Bend, OR 97701	541-383-2200	541-383-5170	www.bendherniacenter.com wimel@bendsurgicalassociates.com	Michael J. Mastrangelo	6	2003	1	N/A	200-250	Laparoscopic & Robotic surgery. All types of hernia repair & general surgery.
Bend Surgery Center 1342 NE Cushing Dr., Ste. 170 OR 97701	541-318-0858	541-318-6740	www.bendsurgery.com tcurrier@bendsurgery.com	Todd Currier	100	1997	N/A	N/A	1,000	Ambulatory surgery.
Cascade Direct Care 198 NE Combs Flat Rd. Prineville, OR 97754	541-362-8688	541-550-7779	www.cascadedirectcare.com cascade.reception@gmail.com	Lindsey G. McKay	4	2013	Lindsey McKay	N/A	N/A	Family medicine clinic & primary direct care office that offers primary care services to its members for a monthly fee including minor in-office procedures & many labs. Insurances accepted as well.
Cascade Surgicenter 2200 NE Neff Rd., Ste. 100 Bend, OR 97701	541-322-2395	541-322-2394	www.cascadesc.com cgilstrap@cascadesc.com	Cammy Gilstrap	45	2006	Staff doctors from The Center, & Central Oregon Doctors.	N/A	500	Outpatient surgeries by The Center physicians, as well as pre- & post-operative care. Specialty areas include minimally invasive knee & shoulder arthroscopy, carpal tunnel surgery, pain management injections & other outpatient surgical procedures. Pediatric dentist, Podiatry.
Central Oregon Dermatology 388 SW Bluff Dr. Bend, OR 97702	541-678-0020	541-323-2174	www.centraloregondermatology.com info@centraloregondermatology.com	Mark A. Hall	9	2000	1	Bend, LaPine, Redmond, Madras	450	General dermatology & specializes in skin cancer diagnosis & skin cancer surgery & various cosmetic procedures involving Botox, Juvederm, Restylane, Radiesse, laser treatment, phototherapy & photodynamic therapy.
Central Oregon Ear, Nose & Throat, LLC 2450 NE Mary Rose Pl., Ste. 120 Bend, OR 97701	541-382-3100	541-385-4935	www.coent.com	Dr. Ryan P. Gallivan	20	1970	5 Physicians, 2 Audiologists	N/A	2,000	Ear, nose, throat & hearing.
Central Oregon Pediatric Associates (COPA) 760 NW York Dr., Second Floor Bend, OR 97703	541-389-6313	541-389-8760	www.copakids.com wjackson@copakids.com	Wendy Jackson	104	1975	16 Board Certified Pediatrician MD's, plus 6 PA/PNP's	East Bend, South Bend, Redmond	4,200	Pediatric & adolescent medicine.
Central Oregon Radiology Assoc. PC 1460 NE Medical Center Dr., Ste. 180 Bend, OR 97701	541-382-6633	541-382-6635	www.centraloregonradiology.com sstuemke@cmillc.org	Sara Stuemke	295	1947	35+	Redmond & Bend South Side	7,500	MRI, CT, ultrasound, nuclear medicine, PET, mammography, x-ray, DXA, vascular/interventional radiology.
Central Oregon Regional Pathology Services 1348 NE Cushing Dr. Bend, OR 97701	541-382-7696	541-389-5723	www.copc.net jdoever@copc.net	Brad Bryan	19	2000	7	N/A	N/A	Pathology services.
Central Oregon Spine & Sports 2115 NE Wyatt Ct., Ste. 101 Bend, OR 97701	541-209-0471	541-323-6288	www.cospinensports.com kgrimmnett@cospinensports.com	Kara Grimmnett	3	2019	N/A	N/A	N/A	Arthritis, back pain, Botox, plantar fasciitis, steroid injections, migraines, regenerative medicine, spinal cord simulator trials.
Dermatology Health Specialists 1693 SW Chandler Ave., Ste. 250 Bend, OR 97702	541-382-8819	541-797-7971	derm-health.com info@derm-health.com	Tammy Wisco, Matt Zullo	24	2019	6 (3 physicians, 3 PAs)	Redmond, La Pine, Burns	1,000 (Bend)	General (medical) dermatology, Mohs surgery, aesthetic dermatology.
Doctors Park Surgery Center 2090 Wyatt Ct., Ste. 102 Bend, OR 97701	541-389-5931	541-389-5932	doctorsparksc.com chicks@amsurg.com	Erin Hicks	14	2002	5	N/A	300	Outpatient ambulatory surgery.
East Cascade Women's Group 2400 NE Neff Rd., Ste. A Bend, OR 97701	541-389-3300	541-389-8115	www.eastcascadewomensgroup.com info@ecwg.net	Ashlyn Clason	36	1994	8	N/A	Over 2,000	OB/GYN
Endocrinology Services Northwest 929 SW Simpson Ave., Ste. 220 Bend, OR 97702	541-317-5600	541-317-5676	www.endonorthwest.com	Patrick McCarthy	5	2012	2 MD's, 2 P.A.'s	Redmond	1,200	Diabetes, thyroid & cholesterol disorders, hormonal imbalances & testosterone deficiencies.
High Lakes Health Care - Bend-Upper Mill 929 SW Simpson Ave., Ste. 300 Bend, OR 97702	541-389-7741	541-278-8375	www.highlakeshealthcare.com	Dan McCarthy	197	1996	16	Shevlin Park, Bend Hospital District, Sisters, Redmond Primary Care & Specialty Care	4,000	Primary care/family practice, internal medicine, physical medicine & rehabilitation, pediatrics, GYN, cardiology.
Infocus Eye Care 2450 NE Mary Rose Pl., Ste. 110 Bend, OR 97701	541-318-8388	541-318-7145	www.infocus-eyecare.com info@infocus-eyecare.com	Tona Buck	35	1998	5	N/A	1,800	Specializing in cataract & eyelid surgery, LASIK refractive surgery & more. Ophthalmologists: Ida Alul, MD; Patricia Buehler, MD; Meryl Sundy, MD; Amanda Selchau, MD. Optometrists: Winter Lewis, OD; Elizabeth Potvin, OD; Sheena Rolston, OD.
Inovia Vein Specialty Center 2200 NE Neff Rd., Ste. 204 Bend, OR 97701	541-382-8346	541-382-5796	www.inoviavein.com/contact/bend kristen@inoviavein.com	N/A	12	2005	2	N/A	N/A	Complications from varicose veins, compression therapy, endovenous vein ablation, ambulatory phlebectomy
Madras Medical Group 76 NE 12th St. Madras, OR 97741	541-475-3874	541-475-3503	www.madrasmedicalgroup.com info@madrasmedicalgroup.com	Bob Jones	25	1973	4	N/A	1,400	Family practice.
Mosaic Medical - East Bend 2084 NE Professional Ct. Bend, OR 97701	541-383-3005	541-383-1883	www.mosaicmedical.org	Bridget McGinn	267	2004	See website for a complete listing of providers.	Prineville, Madras, Redmond	Approximately 600	Primary Care for the insured & uninsured of all ages, pediatrics.
Mosaic Medical - Madras Office 850 SW Fourth St., Ste. 101 Madras, OR 97741	541-838-3005	N/A	www.mosaicmedical.org	Natalie Dacuzzi	37	2004	3	Prineville, Bend, Redmond	580	Primary care for the insured & uninsured of all ages; prenatal care.
Mosaic Medical - Prineville Office 375 NW Beaver St., Ste. 101 Prineville, OR 97754	541-383-3005	N/A	www.mosaicmedical.org	Mari Enders	30	2004	7	Bend, Madras, Redmond	N/A	Primary care for the insured & uninsured of all ages.
Mosaic Medical - Redmond Office 1250 SW Veterans Way. Ste. 120 Redmond, OR 97756	541-383-3005	541-383-1883	www.mosaicmedical.org	N/A	51	2004	See website for a complete listing of providers.	Prineville, Bend, Madras	N/A	Primary care for the insured & uninsured of all ages.
Mosaic Medical Internal Medicine - Bend Internal Medicine Clinic 2965 NE Conners Ave., Ste. 280 Bend, OR 97701	541-383-3005	541-383-1883	www.mosaicmedical.org	Dr. Divya Sharma	50	2013	See website	Prineville, Madras, Redmond	N/A	Primary care services for adults.

# La Pine Wellness Center to Increase Primary Care Capacity by 45 Percent

by **ANDREA HINE** — CBN Feature Writer

Soon after La Pine Community Health Center (LCHC) broke ground last year on a major campus expansion — a three-story, 27,000-square-foot Wellness Center that will more than double its current space — construction crews began their labors. The emerging facility — which

will accommodate behavioral health, dental, and imaging services that previously were available only — or in a limited capacity — some 30 miles away in Bend — already dominates La Pine’s skyline, with completion slated for spring 2025.

### Administrative & Support Staff First to Move into New Space

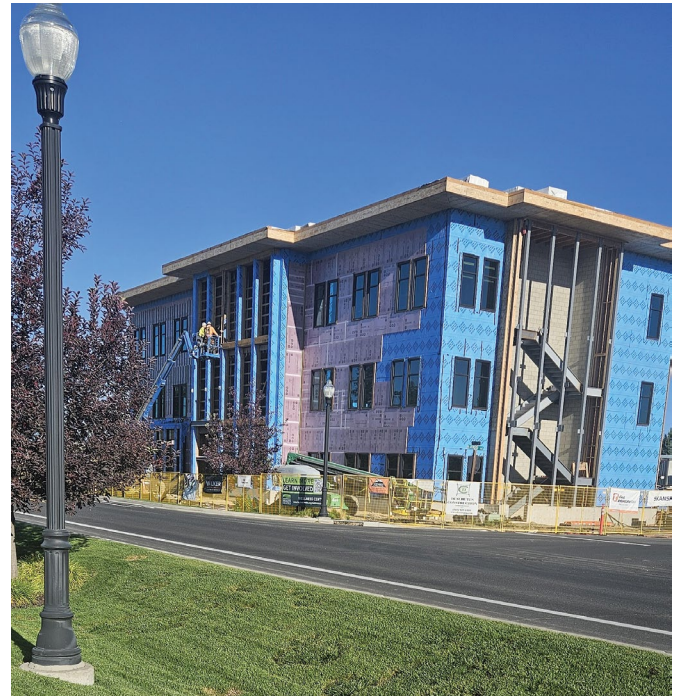
Breaking down the plans, Courtney Ignazzitto, marketing & communications manager, begins from the top down. “LCHC’s administrative and support staff will move to the third floor of the Wellness Center in January, thereby freeing up space in our existing facility for four additional primary care providers on the clinical team — bringing the total to 14 providers and increasing our primary care capacity by 45%. This will accommodate the area’s growing population and reduce wait times for an appointment.”

(Administration’s current space, she noted, was previously equipped with needed plumbing and electric in anticipation of the need to enlarge LCHC’s campus. Remodeling includes the addition of 63 parking stalls.)

### Growing Behavioral Health Capabilities

“We’ll be growing our own mental/behavioral health capabilities on the second floor,” Ignazzitto said, “with more than 5,000 square feet of space devoted to services such as occupational therapy, school-based counseling, and psychiatry — just for starters. LCHC will also rent out space to other counselors and services where we see gaps.”

As examples of existing needs that will be satisfied, she pointed out that children must currently wait months to see an occupational therapist in Bend, an option that is not available locally. In addition, the on-staff psychologist



THE THREE-STORY, 27,000-SQUARE-FOOT WELLNESS CENTER WILL MORE THAN DOUBLE LCHC’S CURRENT SPACE | PHOTOS BY ANDREA HINE



A RENDERING AT THE CONSTRUCTION SITE SHOWS THE COMPLETED WELLNESS CENTER, WHICH IS SLATED FOR SPRING 2025

being added to LCHC’s medical team, working with patients of all ages, will be the only one in La Pine.

Occupational Therapy is something that isn’t currently offered in La Pine and patients with referrals are waiting months to get in to see OT in Bend.

“Mental health providers have actually been reaching out to us, saying that ‘we want to be part of this,’” said Ignazzitto, “which is unheard of.”

### Preventative Dental and Diagnostic Imaging Services

The first floor of the Wellness Center will be

Continued on Page 25 ►



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## Physician Groups & Clinics *(Listed Alphabetically)*

▶ CONTINUED FROM PAGE 10

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Doctors	Other Area Locations	Patients Per Month	Services
MyMD 695 NW York Dr., Ste. 100 Bend, OR 97703	541-322-6869	N/A	mymdbend.com info@mymdbend.com	Dr. Mac Donell, Dr. Darcy Wynn	3	2021	2	N/A	N/A	Unique healthcare model offering highly personalized medical services by a physician with advanced training in internal medicine. Private, smaller practice. Accepts all commercial insurance & Medicare.
Northwest Brain & Spine 2115 NE Wyatt Ct., Ste. 201 Bend, OR 97701	541-585-2400	541-585-2407	www.neuronwbs.com ckauer@nwbrainandspine.com	Courtney Kauer, Dr. Anthony Hadden, Dr. Kent Yundt	50	2004	2	N/A	1,000	NeuroSurgical treatment of the brain & spine, injections.
Northwest Medi Spa 447 NE Greenwood Ave. Bend, OR 97701	541-318-7311	541-318-2884	www.northwestmedispa.com northwestmedispa@gmail.com	Dr. Rebecca Morton	5	2002	1	Klamath Falls	500	Array of medical aesthetics procedures to help you look & feel your best.
OnePeak Medical 2088 NE Kim Ln. Bend, OR 97701	541-309-0031	541-610-1996	OnePeakMedical.com Bend@OnePeakMedical.com	Brigitte Nickel	22	2021	2 at this location.	Ashland, Central Point, Eugene, Grants Pass, Klamath Falls, Lake Oswego, Medford-Hillcrest, Medford-Siskiyou, Redmond, Roseburg, Springfield, Talent, White City	N/A	Primary care, functional medicine, nutrient therapy, hormone testing & balancing.
Optima Foot & Ankle 1245 NW Fourth St., Ste. 201 Redmond, OR 97756	541-383-3668	541-383-4546	www.optimafootandankle.com brandi@optimafootandankle.com	Brandi Abbas	9	1997	3	Redmond	800	Comprehensive foot & ankle treatment for all ages. Ingrown toenails to reconstructive foot & ankle surgery. Cold laser therapy for toenail fungus.
Redmond Medical Clinic 1245 NW Fourth St., Ste. 201 Redmond, OR 97756	541-323-4545	541-323-4546	www.redmondmedical.com admin@redmondmedical.com	Adrien Harris	7	1999	2 FNP	N/A	800	Preventative care for all ages, chronic & acute illness, primary care.
St. Charles Family Care - Bend East 2600 Neff Rd. Bend, OR 97701	541-706-4800	541-706-4806	www.stcharleshealthcare.org kmcallon@stcharleshealthcare.org	Kevin Callon	35	2011	7	Bend South, Madras, Redmond, Sisters, Prineville	N/A	Family practice, pediatrics, women's health, travel medicine & osteopathic manipulation therapy.
St. Charles Family Care - Bend South 61250 SE Coombs Place Bend, OR 97702	541-706-5935	N/A	www.stcharleshealthcare.org dnstafford@stcharleshealthcare.org	Daggi Stafford	9	2015	9	Bend East, Madras, Redmond, Sisters, Prineville	N/A	Family practice, pediatrics, women's health, travel medicine, internal medicine, sports medicine, minor surgery.
St. Charles Family Care - Madras 480 NE A St. Madras, OR 97741	541-475-4800	541-475-4805	www.stcharleshealthcare.org	Joe Gillespie	204	1967	4	Bend East, Bend South, Prineville, Redmond, Sisters	N/A	Full family care specialty; interest focus on preventative health care for chronic conditions, disease & end of life care.
St. Charles Family Care - Prineville 384 SE Combs Flat Rd., Ste. 1200 Prineville, OR 97754	541-447-6263	541-447-8724	www.stcharleshealthcare.org kasavage@stcharleshealthcare.org	Karrah Savage	226	2008	7 physicians, 5 APPs - 12 providers	Bend East, Bend South, La Pine, Madras, Redmond, Sisters	N/A	Routine/preventive care, disease management, women's healthcare, sports medicine, mental health care.
St. Charles Family Care - Redmond 211 NW Larch Ave. Redmond, OR 97756	541-548-2164	541-548-0534	www.stcharlesfamilycareredmond.org jidubisar@stcharleshealthcare.org	Jill Dubisar	15	1949	10	Bend South, Bend East, Madras, Sisters, Prineville	N/A	Family practice, obstetrics, pediatrics & occupational medicine.
St. Charles Family Care - Sisters 630 Arrowleaf Trail Sisters, OR 97759	541-549-1318	541-588-6002	www.stcharleshealthcare.org csbrophy@stcharleshealthcare.org	Christine Brophy	7	2011	2	Bend South, Bend East, Madras, Sisters, Prineville, Redmond	N/A	Family practice, pediatrics & travel medicine.
St. Charles Surgical Specialists 1245 NW Fourth St., Ste. 101 Redmond, OR 97756	541-548-7761	541-598-3485	www.stcharleshealthcare.org rmoor@stcharleshealthcare.org	Raylene Moor	13	2005	5	Prineville	N/A	General surgery, specialized laproscopic complex vascular, breast, endocrine, thoracic & gastrointestinal surgery.
Summit Health Solutions 2421 NE Doctors Dr. Bend, OR 97701	541-382-2811	541-323-3366	www.smgoregon.com info@smgoregon.com	Darci	6	2013	Dr. Jack E. Berndt, MD	N/A	N/A	Dr. Jack Berndt is a board certified Anesthesiologist & certified in age management medicine. He practices in comprehensive pain management medicine. His approach includes interventional spine & joint procedures & multi-modality medical management.
Summit Health Urology 2090 Wyatt Ct., Ste. 101 Bend, OR 97701	541-382-6447	541-388-6862	www.smgoregon.com patriciap@bendurology.com	Patricia Parker	50	1964	4	Redmond	1,900	Male, female & pediatric disorders of the urinary tract, comprehensive incontinence treatment, board certified & board eligible surgeons.
Summit Medical Group - Formerly Bend Memorial Clinic 1501 NE Medical Center Dr. Bend, OR 97701	541-382-2811	N/A	www.bendmemorialclinic.com info@bendmemorialclinic.com	Dr. David Holloway, Kurt Kemcke, Cheryl Stewart, Joan Sheldon	565	1946	78	Bend East, Redmond, Old Mill District, Sisters, Mt. Bachelor Urgent Care	16,000 different patients, 29,000 appointments	Specialties: family medicine, internal medicine, pediatrics, urgent care, lab & imaging services, allergy & asthma, bariatric surgery, gastroenterology, hospitalist, infectious disease, nephrology, nutrition, oncology, ophthalmology & optometry, physical medicine, pulmonary, rheumatology, surgery, vein clinic. Services: acupuncture, cardiology diagnostic services, clinical research, hyperbaric oxygen therapy, nuclear medicine, optical, sleep disorders center, travel medicine, vascular lab.
The Center 2200 NE Neff Rd., Ste. 200 Bend, OR 97701	541-382-3344	541-382-1681	www.thecenteroregon.com info@thecenteroregon.com	Mike Gonsalves	274	1954	22	Redmond, La Pine, Burns, John Day, Madras, Prineville	4,000	Disease & injuries of the brain, spinal cord & nerves; neurosurgery; comprehensive spine care; sports medicine; hand, foot & arthroscopic surgery; joint reconstruction & replacement; occupational medicine; physical medicine & rehabilitation; Walk-In Injury Care; digital x-ray & MRI.

**CBN has made every effort to ensure that all information is accurate and up-to-date. We cannot, however, guarantee it. Please contact us immediately if you know that certain information is not correct or you would like to be added to a list, 541-388-5665 or email [cbn@cascadebusnews.com](mailto:cbn@cascadebusnews.com).**

# Back to School Health for the Whole Family

## The Pediatric Team at Mosaic Community Health

by **BRIDGET MCGINN, Communications Manager — Mosaic Community Health**

As children and teens congregate for the new school year, they might return to the classroom with a few “souvenirs” from summer break — like germs.

Coupled with the surge in COVID-19 cases in Oregon and the approach of flu season, heading back to school is an important time to practice preventative measures to protect your family’s health and the health of our community. As a parent, you can model good hygiene behaviors and teach your children and teens to help keep disease at bay by taking the following actions:

### Wash. Your. Hands.

This is the most important and effective practice to prevent the spread of disease. Get your kids into the habit of washing their hands before meals, after using the restroom and at intervals throughout the day when they are touching lots of different shared surfaces, like in school. Always use soap, wash for at least 20 seconds scrubbing fingers and thumbs and dry hands properly. If hand washing isn’t available, use a hand sanitizer with at least 60 percent alcohol. TIP: Let your child pick out a hand sanitizer key chain for their backpack!

### Sneeze and Cough the “Right” Way

Not into your hands, which just spreads the germs elsewhere as soon as you touch something. Use a tissue, preferably, or the crook of your elbow.

### Stay Up To Date on Vaccines

Vaccines are a safe and effective way for the whole family to gain immune-boosting power. Make sure your vaccines are up to date and get a flu shot every year. You can even make it a tradition to do it together as a family and get ice cream afterward!

### Boost Your Immune System

Eating a nutritious diet helps prime your body to fight disease by giving it the vitamins and nutrients it needs. Getting at least 30 minutes of outside play or exercise helps boost antibodies and white blood cells.

### Practice Good Sleep Hygiene

Sleep is essential for maintaining good immunity. Shut off screens at least an hour before bed (that means parents too!) and stick to a sleep schedule that allows 9-12 hours for elementary and middle-school kids, 8-10 hours for teens and 7-9 hours for adults.

### Find Your People

For some families, the return to school can bring a sense of relief through routine, structure and stability; for others, it means added pressures and commitments — which can mean stress and isolation. Both parents and children can benefit from a support structure of friends and family to offer a safe place to recharge and connect.

### Get a Check-Up

Don’t just see your healthcare provider when you’re sick — children and adults should visit at least annually to check on overall health and do preventative screenings. As football season approaches, remember: the best offense is a good defense!

For more information about Mosaic Community Health or to book your child an appointment with our pediatric team, visit [mosaicch.org](http://mosaicch.org) or call 541-383-3005.

[mosaicch.org](http://mosaicch.org)



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 Oliver Wisco DO	 Debbie Miller MD
 Scott Collins MD	 Jill Conway PA-C
 Sam Christensen PA-C	 Ali McKean PA-C

**Bend - Redmond - La Pine**

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## Home Assistance & Care Services *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services	Area Covered
Almost Family, LLC 233 SW Wilson Ave., Ste. 1 Bend, OR 97702	541-389-0006	541-389-0906	www.almostfamilycare.com kristy@almostfamilycare.com	Kristy Walters	412	1982	Medication management, registered nursing services, 24-hr. companion & homemaking services, personal & respite care. IDD/DD attendant care	Deschutes, Jefferson & Crook Counties.
At Home Care Group 856 NW Bond St., Ste. 230 Bend, OR 97703	541-312-0051	541-312-0077	www.athomecaregroup.com edbend@athomecareonyx.com	Customer Service	8	1999	Services offered include home assistance, companionship, personal care & nursing services.	Deschutes, Jefferson & Crook Counties.
Heart 'n Home Hospice & Palliative Care, LLC 745 NW Mt. Washington Dr. Ste. 205 Bend, OR 97703	541-508-4036	541-508-4037	www.gohospice.com billyge@gohospice.com	Billy Gehm	15	2004	Services include on-call nursing support, hospice CNAs, medical social services, spiritual counseling, trained volunteers, physician support, grief & loss support, veteran services & recognition.	Central Oregon.
Heart 'n Home Hospice & Palliative Care, LLC - La Pine 51681 Huntington Rd. La Pine, OR 97739	541-536-7399	541-536-9312	www.gohospice.com dianah@gohospice.com	Diana Hergenrader	10	2004	Services include on-call nursing support, hospice CNAs, medical social services, spiritual counseling, trained volunteers, physician support, grief & loss support, veteran services & recognition.	Central Oregon.
Helping Hands Home Care 61396 S Hwy. 97, Ste. 107 Bend, OR 97702	541-241-1950	458-206-7377	www.helpinghandshomecare.com elizabeth@helpinghandshomecare.com	Pamela Breuer, Mary Galley	25	2017	Personalized one-on-one in-home care services for seniors & people with disabilities. From running errands & grocery shopping, to bathing & medication administration.	Deschutes, Jefferson & Crook Counties.
Home Instead 20380 Halfway Rd. Ste. C Bend, OR 97703	541-330-6400	541-330-7362	www.homeinsteadbend.com may.mobbs@homeinstead.com	May Mobbs, Jonathan Mack, Cole Mack	104	2000	Non-medical companionship & home care for seniors, specializing in 24 hour care, personal care, homemaking, respite care, nursing services & Alzheimer. Licensed & insured.	Deschutes, Jefferson & Crook Counties.
Hospice of Redmond 732 SW 23rd St. Redmond, OR 97756	541-548-7483	541-548-1507	www.hospiceofredmond.org info@hospiceofredmond.org	Jane McGuire	21	1979	Hospice, Palliative Care & Transitions programs, Medical Director Hospice & Palliative Care certified, licensed registered nurses, social workers, hospice aides, licensed therapists, bereavement support, Veterans' support & trained volunteers. 24/7 nurse on call.	Redmond, Bend, Sisters, Tumalo, Crooked River Ranch, Powell Butte, Culver, Terrebonne, Black Butte Ranch, Camp Sherman & Prineville.
Lincare, Inc. 63076 NE 18th St., Ste. 100 Bend, OR 97701	541-382-8303	541-382-8358	www.lincare.com	Michael Sheldon	12	2000	Respiratory care & durable medical equipment.	All of Central Oregon.
Norco Medical 63024 Sherman Rd. Bend, OR 97703	541-388-2273	541-383-5996	www.norco-inc.com wayneb@norco-inc.com	Wayne Barker	40	1987	Home delivery of medical supplies including all respiratory, durable medical equipment, incontinence, diabetic & rehabilitation products. 24-hr. on-call service.	Central & Eastern Oregon.
Partners In Care - Hospice-Home Health-Transitions-Palliative Care 2075 NE Wyatt Ct. Bend, OR 97701	541-382-5882	N/A	www.partnersbend.org lisamhurley@partnersbend.org	Lisa Hurley	220	1979	Medicare-certified home health, hospice & palliative care. Non-medical transitions & bereavement for adults & children. Skilled nursing; physical, occupational, speech therapy; medical social work; certified nursing assistants & spiritual care. Hospice House is a 12-bed, in-patient unit. On-call 24/7. Nonprofit. Medicare-certified home health, hospice & palliative care. Non-medical transitions & bereavement for adults & children. Skilled nursing; physical, occupational, speech therapy; medical social work; certified nursing assistants & spiritual care. Hospice House is a 12-bed, in-patient unit. On-call 24/7. Nonprofit.	Headquarters in Bend & branch offices in Redmond & La Pine; drop-in locations in Madras & Prineville for local support. Serving Central Oregon from Madras & Prineville in the north to Christmas Valley & Chemult in the south., Headquarters in Bend & branch offices in Redmond & La Pine; drop-in locations in Madras & Prineville for local support. Serving Central Oregon from Madras & Prineville in the north to Christmas Valley & Chemult in the south.
St. Charles Home Health Services 63031 NE Layton Bend, OR 97701	541-706-7796	541-706-4996	www.stcharleshealthcare.org jnewton@stcharleshealthcare.org	Julie Newton	78	1984	Skilled nursing, certified home health aides, medical social workers, physical, occupational & speech therapy, including orthopedic & neurological rehabilitation, collect & deliver lab specimens, fall prevention education, medication, post-operative & pain management, evaluation & treatment, wound /ostomy care, lifeline emergency response, nutritional evaluation & counseling, I.V. therapy, specializing in chronic disease management including diabetes, congestive heart failure, chronic obstructive pulmonary, disease, hypertension.	Deschutes, Jefferson, Crook, Wasco & Northern Klamath counties.
St. Charles Hospice 2500 NE Neff Rd. Bend, OR 97701	541-706-6700	N/A	stcharleshealthsystem.org hospice@stcharleshealthcare.org	Laurie Jackson	45	1988	Physician services, skilled nursing care, medical equipment & supplies as appropriate, drugs for symptom management & pain relief, complementary therapies short-term inpatient & respite care, homemaker services & hospice aides, physical & other therapies, counseling, chaplain & social work, volunteer support, bereavement support.	Deschutes, Jefferson & Crook Counties.
Touchmark at Mount Bachelor Village 19800 SW Touchmark Way Bend, OR 97702	541-383-1414	541-312-7080	www.touchmarkbend.com SDN@Touchmark.com	Scott Neil, Kaitlin Dahlquist	200	2004	Home care.	Deschutes, Jefferson & Crook Counties.
Visiting Angels, Living Assistance Services 376 SW Bluff Dr., Ste. 9 Bend, OR 97702	541-617-3868	541-330-5645	www.visitingangels.com/bend Nrodriguez@visitingangels.com	Nancy Rodriguez	75	2007	Visiting Angels is proud to be the nation's leading provider of senior home care services. Our Angels provide in-home care, medication management, elder care, respite care, senior personal care & companion care services. With our senior home care services, elderly adults can continue to live independently in their own homes.	Central Oregon

**CBN has made every effort to ensure that all information is accurate and up-to-date. We cannot, however, guarantee it. Please contact us immediately if you know that certain information is not correct or you would like to be added to a list, 541-388-5665 or email [cbn@cascadebusnews.com](mailto:cbn@cascadebusnews.com).**

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# Partners In Care Invites Community to 45<sup>th</sup> Anniversary Celebration

by **MORGAN SARTIN, MNLM, Philanthropy Manager — Partners In Care**

**P**artners In Care is hosting a community celebration September 5 to recognize its 45 years of service as Central Oregon’s leading and oldest nonprofit hospice, home health, and palliative care provider.

The anniversary party, “Throwing it back to 1979,” celebrates 45 years of hospice care as an organization, as well as 20 years of the Partners In Care Transitions program, and ten years of Palliative Care services. The event September 5 from 5-7pm at the Partners In Care campus is free and open to the public to attend.

Partners In Care, rooted in the local community, will commemorate its long history of providing compassionate, professional care with the myriad of services that have evolved through the years. Transitions<sup>1</sup>, which has been available through Partners In Care for 20 years, is a no-cost, non-clinical case management program for medically fragile individuals with a life-limiting illness, including those who may not qualify for home health or hospice care.

The palliative care team has been practicing within Partners In Care for ten years, and providers focus on relieving symptoms related to a patient’s illness or side effects from treatments and help people make decisions about their healthcare options. Palliative care<sup>2</sup> offers specialized medical care for people with a serious illness, helping them enjoy a better quality of life.

Over the past 45 years, support from the local community has allowed the organization to expand and provide increased support beyond just hospice care for the growing population in the region.

“For 45 years, our neighbors and community members have helped make Partners In Care who we are today. Your charitable donations, collaborative partnerships, and dedicated volunteer efforts have helped enable us to deliver compassionate, quality care to Central Oregonians,” said Greg Hagfors, Partners In Care CEO. “We are deeply grateful for this support, which empowers us to continue our mission to serve and we invite the community and regional partners to join us in celebration together on September 5.”

The anniversary event will feature live music by local physician and artist Doc

Ryan and The DiRT band, food from El Sancho Tacos, beverages from Bridge 99, and tours of the new inpatient Hospice House on the grounds at Partners In Care.

“With a team of hospice and palliative care physicians, nurse practitioners, registered nurses, social workers, chaplains, nursing assistants, therapists, grief counselors, administrative and support staff, Partners In Care is now the largest and leading provider of hospice, home health, and palliative care across the region,” shared Hagfors. “I am extremely proud of our mobile workforce of over 200 employees and nearly 200 volunteers who serve patients and their families across a 10,000-square mile area, from Madras to Prineville, Sisters to Redmond, Bend and La Pine and Christmas Valley. This is a way to celebrate our whole team and the positive impact they make for patients and families daily across the region.”

To learn about the 45<sup>th</sup> anniversary, visit [partnersbend.org/hope](https://partnersbend.org/hope). View the full 45<sup>th</sup> anniversary video on the Partners In Care website and YouTube<sup>3</sup>.

Follow Partners In Care on Facebook and Instagram to stay up to date on the anniversary event September 5.

### About Partners In Care:

Partners In Care is a local, independent, 501(c)(3) nonprofit organization serving a 10,000 square mile region of Central Oregon. It is now the leading provider of hospice, home health, and palliative care in the region, with over 200 staff members and nearly 200 volunteers. In addition to community Hospice care in homes, facilities, and Hospice House, Partners In Care also provides: Home Health in the patient’s home or care facility; Palliative Care symptom management and support; a non-medical case management program called Transitions; and Grief Support for adults and children experiencing a loss.

<sup>1</sup>[partnersbend.org/services/hospice-transitions-program](https://partnersbend.org/services/hospice-transitions-program)

<sup>2</sup>[partnersbend.org/services/palliative-care-services](https://partnersbend.org/services/palliative-care-services)

<sup>3</sup>[youtu.be/Nmqq9ZZEhRg](https://youtu.be/Nmqq9ZZEhRg)

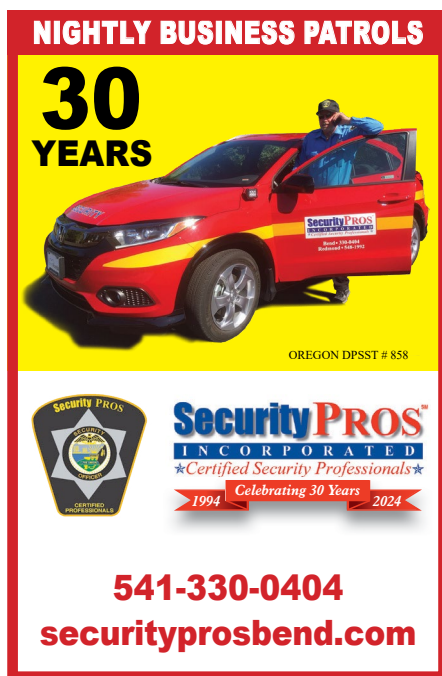
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EDCO's Central Oregon PubTalk March 25 at 5pm  
Forget Spring Break and join us in-person or virtually for a stellar March PubTalk.

Cascade Business News' Who's Who  
As appeared in the March 3 CBN, see what your colleagues, friends and competitors are up to!

Business Valuations Pre- & Post-COVID  
Several people have asked how business valuations differ before and after COVID. I recently co-presented with Kelly McCann, Esq. of Burnside Law Group to the Oregon Society of CPAs on the topic to more than 50 attendees. It is an important question! (by Laura Lemco, Certified Valuation Analyst) — Capstone Valuations

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## Physical & Occupational Therapy *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Active Care Physical Therapy 57067 Beaver Rd. Sunriver, OR 97707	541-390-7518	541-389-6272	www.physicaltherapysunriver.com Brentgbradley@gmail.com	Brent Bradley	2	2013	Rotator cuff injuries, knee replacement rehab, hip replacement rehab, post-surgical rehab, acute & chronic musculoskeletal pain or impairment. Auto, work, sports related injuries, back, neck & spine pain / disc / nerve injuries, Sacro Iliac (SIJ) & Pelvis issues, Shoulder, arm, elbow & more.
Alpine Physical Therapy & Spine Care 336 SW Cyber Dr., Ste. 107 Bend, OR 97702	541-382-5500	541-389-5669	www.alpinephysicaltherapy.com info@alpinephysicaltherapy.com	Jill Freund	12	2006	Physical therapy & spine care. Alternate office at 2546 Conners Ave., Ste. 110, Bend.
Falling Waters Injury & Health Management 55 NW Wall St., Ste. 100 Bend, OR 97703	541-389-4321	541-389-4420	www.fallingwaterscenter.com amanda@fallingwatersbend.com	Amanda Guy	40	2007	Specializing in auto injuries, work comp injuries, aquatic therapy, sports, post surgical & functional & strength rehabilitation of the back, neck, shoulder & knee. Also chiropractic, physical therapy, massage & nutritional counseling
Focus Physical Therapy, Inc. 1001 SW Emkay Dr., Ste. 100 Bend, OR 97702	541-385-3344	541-312-5256	focusptbend.com amy@focusptbend.com	Amy Royce	12	2005	Results-based sports, spine, postsurgical & specialty care physical therapy clinic with a reputation for effective & private treatments with the same therapist for each visit.
Focus Physical Therapy, Inc. - Old Mill Clinic 550 SW Industrial Way, Ste. 130 Bend, OR 97702	541-385-3344	541-312-5256	www.focusphysio.com appointments@focusptbend.com	Amy Royce	15	2005	Active wellness & lifestyle physical therapy clinic with a reputation for combining hands on manual therapy with cutting edge exercise & sport programs.
Hand & Arm Therapy of Central Oregon 2100 NE Neff Rd., Ste. A Bend, OR 97701	541-633-7535	541-706-9036	www.handandarm.net michelle@handandarm.net	Kristin Gulick	4	2010	Hand & arm occupational therapy, custom orthotics & extensive upper extremity rehabilitation.
Hands On Physical Therapy, PC 147 SW Shevlin Hixon Dr., Ste.104 Bend, OR 97702	541-312-2252	541-312-8822	www.handsontptbend.com mary@handsontptbend.com	Lisa Kennedy-Leary, Steve Leary	9	2006	Physical therapy with a comprehensive & individualized hands-on approach incorporating advanced manual therapy & functional exercises. One-on-one with a licensed physical therapist. Treatment of scoliosis.
Healing Bridge Physical Therapy 354 NE Greenwood, Ste. 105 Bend, OR 97701	541-318-7041	541-388-3711	www.healingbridge.com allisonsuran@gmail.com	Allison Suran	1	1998	See website.
Living Well Therapy 1288 SW Simpson Ave., Ste. F Bend, OR 97702	541-312-2004	541-312-2056	www.livingwelltherapy.com info@livingwelltherapy.com	Dr. Erik Zamboni	5	2003	Physical Therapy, Chiropractic, Massage Therapy & Nutrition.
Madras Physical Therapy 785 SE McTaggart Rd., Madras, OR 97741	541-475-2571	541-475-2590	www.madrasphysicaltherapy.com madraspt@madrasphysicaltherapy.com	Trevor Groves, Rob Nelson	9	2010	Physical, outpatient orthopedic, aquatic therapy, workmen's comp, headaches, spine care, sports rehab, geriatric rehab, manual therapy, fall risk assessment & therapy, lymphatic therapy & treatment of vertigo.
Proactive Physical Therapy 1470 NE Third St., Prineville, OR 97754	541-447-6846	541-447-1243	www.proactivepts.com	Joe Kundrat	9	1989	Physical therapy - wide range of services.
Proactive Physical Therapy Specialists 450 NW Greenwood Ave. Redmond, OR 97756	541-923-0410	541-923-7393	proactivepts.com	Andrew Knox	20	1986	One-on-one customized care, emphasizing manual therapy, therapeutic exercise, return to work programs, aquatic therapy, job site evaluations, healthy lifestyle step-down program. Se habla español, TMJ & chronic pain.
Rebound Physical Therapy - Bend East 1342 NE Medical Center Dr., Ste. 150 Bend, OR 97701	541-382-7875	541-382-2181	www.reboundoregon.com info@reboundoregon.com	Stuart Johnson	18	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, aquatic therapy, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Bend North Side 2700 NE Fourth St., Ste. 105 Bend, OR 97701	541-323-5864	541-323-5865	www.reboundoregon.com info@reboundoregon.com	Eric Edwards	7	2016	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Bend West 1160 SW Simpson Ave., Ste. 200 Bend, OR 97702	541-322-9045	541-322-9044	www.reboundoregon.com info@reboundoregon.com	Laura Mann	25	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - La Pine 51600 Huntington Rd., Ste. B La Pine, OR 97739	541-536-7443	541-536-7805	www.reboundoregon.com info@reboundoregon.com	Kristi Edgar	6	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Prineville 1590 NE Third St., Ste. B Prineville, OR 97754	541-416-7476	541-416-7478	www.reboundoregon.com jhoggarth@reboundoregon.com	Justin Hoggarth	9	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - RAC 1717 NE Second St. Redmond, OR 97756	541-504-2350	541-504-2354	www.reboundoregon.com info@reboundoregon.com	Nicolette Sapigao	3	2012	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Redmond 1315 NW Fourth St., Ste. B Redmond, OR 97756	541-504-2350	541-504-2354	www.reboundoregon.com info@reboundoregon.com	Seth Ramsey	17	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - South Bend 61470 S Hwy. 97, Ste. 4 Bend, OR 97702	541-585-1022	541-585-1024	www.reboundoregon.com info@reboundoregon.com	Hailey Foster	4	1995	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy - Sunriver 56870 Venture Lane, Ste. 103 Sunriver, OR 97707	541-585-3148	541-323-3452	www.reboundoregon.com/ rebound-physical-therapist/sunriver info@reboundoregon.com	Eric Walberg	3	2012	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Rebound Physical Therapy @ Boss Sports Performance Center 1305 SE Armour Rd., Ste. 10 Bend, OR 97702	541-797-3136	541-389-4428	www.reboundoregon.com info@reboundoregon.com	Laura Mann	3	2018	Hands-on therapy for sports injuries, work injuries, post-operative rehab, spine rehab, hand therapy, custom orthotics & braces, with emphasis on return to work life & sports.
Regency Redmond Rehabilitation & Nursing Center 3025 SW Reservoir Dr., Redmond, OR 97756	541-548-5066	541-923-8652	www.regency-pacific.com/ senior-living/or/redmond/regency-	N/A	52	1960	In-house physical & occupational rehabilitation therapy.
Southside Physical Therapy Inc. 364 SE Wilson Ave. Bend, OR 97702	541-388-2681	541-388-9236	www.southsidept.com southsidept@bendbroadband.com	Jonathan Sampson Morag Sampson	5	1992	Personalized one-to-one manual therapy in a supportive environment. Emphasize education & home exercise programs. Treatment of lymphedema by nationally certified lymphedema therapist.
St. Charles Rehabilitation Services 2500 NE Neff Rd. Bend, OR 97701	541-706-7725	541-706-4915	www.stcharleshealthcare.org jmcastile@stcharleshealthcare.org	Jennifer Castile	26	1993	Physical, occupational & speech therapy services. Geriatric rehabilitation, balance deficits & dizziness, neurological rehabilitation (CVA, TBI, SCI, amputees) & pediatric rehabilitation. Other area locations: Outpatient Rehabilitation - Madras, Prineville, Redmond, Physical Therapy - Bend South.
Step & Spine Physical Therapy - Bend 2185 NW Shevlin Park Rd. Bend, OR 97703	541-728-0713	541-728-0715	www.stepandspine.com glenn@stepandspine.com	Barrett Ford	15	2010	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Step & Spine Physical Therapy - Eagle Crest 7555 Falcon Crest Dr. Redmond, OR 97756	541-527-4353	541-527-4354	www.stepandspine.com therapy@stepandspine.com	Barrett Ford	4	2019	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Step & Spine Physical Therapy - Redmond 974 SW Veterans Way Redmond, OR 97756	541-504-5363	541-504-7677	www.stepandspine.com brittany@stepandspine.com	Barrett Ford	24	2010	Creating individualized therapeutic plans & education that empower patients to achieve positive, long-term results through appropriate direction & treatment via mechanical diagnosis & therapy on the spine & extremities.
Therapeutic Associates Central Oregon - Bend 2200 NE Neff Rd., Ste. 202 Bend, OR 97701	541-388-7738	541-312-0121	www.therapeuticassociates.com/bend bend@taipt.com	Chuck Brockman	20	1982	Orthopedic physical therapy, sports rehab, pediatric physical therapy, hand therapy, variety of exercise programs for the public, cycle fit & running analysis.
Therapeutic Associates Central Oregon - Bend 2 61615 Athletic Club Dr. Bend, OR 97702	541-382-7890	541-382-7498	www.therapeuticassociates.com/ locations/oregon/central-o lcooper@taipt.com	Laura Cooper	9	1991	Orthopedic & sports physical therapy with focus on manual therapy & functional strengthening with specialties in aquatic therapy, therapeutic yoga, golf performance/fitness/rehabilitation, biomechanical bike & running analysis, breathing assessment & women's health.
Therapeutic Associates Central Oregon - Sisters 1011 Desperado Trail Ste. 201 Sisters, OR 97759	541-549-3574	541-549-1092	www.therapeuticassociates.com/sisters sisters@taiweb.com	Matt Kirchoff	6	2001	Sports rehab physical therapy & a variety of exercise programs to the public. Aquatic therapy, myofascial release, cranio-sacral therapy, ASTYM & post-operative rehabilitation.
Therapeutic Associates Redmond Physical Therapy 413 NW Larch Ave., Ste. 102 Redmond, OR 97756	541-923-7494	541-504-9153	www.therapeuticassociates.com/redmond redmond@taipt.com	Eric Coughlin	5	1999	Our clinic offers board certified orthopedic/sports rehab physical therapy, hand therapy, pain management & work conditioning/ergonomic consulting with fitness exercise prescription for the public.
Therapy Works Physical Therapy 865 SW Veterans Way, Ste. 200A Redmond, OR 97756	541-678-5177	541-685-2639	www.therapyworkspt.com frontoffice@therapyworkspt.com	Meg Navish, Derek Hopp	3	2024	Vestibular rehab, TMJ, low back pain, sciatica, spinal stenosis, muscle spasms & strains, post-operative therapy, joint strains & sprains, headaches, neck pain/whiplash, rotator cuff dysfunction, frozen shoulder/adhesive capsulitis, overuse injuries/tendonitis, motor vehicle accidents & more.
Therapy Works Physical Therapy 2115 NE Wyatt Ct., Ste. 103, Bend, OR 97701	541-382-2070	541-685-2639	www.therapyworkspt.com frontoffice@therapyworkspt.com	Meg Navish, Derek Hopp	8	1997	See above.
Therapy Works Physical Therapy 330 NE Marshall Ave., Bend, OR 97701	541-383-8179	541-685-2639	www.therapyworkspt.com frontoffice@therapyworkspt.com	Derek Hopp, Meg Navish	8	1997	See above.
Wellspring Structural Integration, PC 131 NW Hawthorne, Ste. 209 Bend, OR 97703	541-382-7123	541-330-0302	N/A	Karen Daniels	1	1997	Structural integration, a holistic therapeutic process of hands on soft tissue work & movement education & onsite ergonomic assessment & training.
Work Capacities, LLC 2275 NE Doctors Dr., Ste. 4 Bend, OR 97701	541-306-6175	541-306-6244	www.workcapacities.com workcapacities@gmail.com	Scott Elms, MPT	3	1992	Services physical/work capacity evaluations; ergonomic assessments, fit for duty evaluations, disability evaluations, physical capacity evaluations for vocational purposes.

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# Derm Health

Continued from page 1

performance improvement the foundation of both his local clinical work and national research efforts.

He chose Bend to launch Dermatology Health Specialists (Derm Health) in 2019. As Dr. Wisco explained, “rates of skin cancer are the highest in the world in Central Oregon, and rival those in Australia” — where two out of three Australians are diagnosed with some form of skin cancer during their lifetime. “I see much more frequent skin cancers here than anywhere else I’ve practiced.”

Given this alarming scenario, and in line with Derm Health’s commitment to “get direct access to high-risk and underserved populations and provide them with high-quality care,” offices were subsequently opened in Redmond and La Pine “to expand the reach of our services to communities such as Madras, Lakeview, Burns and John Day — where the drive into our offices in Bend can deter patients from seeking the comprehensive services we offer. The key is being where people need us.”

What is it about Central Oregon that contributes to such



DUE TO ITS MULTIPLE RISK FACTORS, CENTRAL OREGON HAS THE WORLD'S HIGHEST RATES OF SKIN CANCER

high rates of skin cancer? “Although certain risk factors have been identified for skin cancer — including access to care and early intervention, genetics, environmental exposure, certain medications, lighter skin, and outdoor work — data that tracks the relationship among these factors is lacking,” Dr. Wisco said.

Describing skin cancer as a “disease of healthy people,” he pointed out that many of those who move here are drawn by the active, outdoor lifestyle that puts them at greater risk. “Yet ironically, these same people do such a good job of avoiding heart disease by being active.”

“Cultural beauty standards are quite challenging,” Dr. Wisco said. “The number one killer for middle-age women is breast cancer, with melanoma ranking second. Yet while patients claim that they’ll do ‘anything I can’ to minimize their risk of breast cancer, the appeal of having a ‘healthy tan’ is difficult to overcome. That ‘glow’ reflects DNA injury to the skin — there is no such thing as a safe or healthy tan,” he emphasized.

Wisco identified lack of awareness as another barrier to skin cancer care. “You can bet that many of the people floating down the Deschutes River on a summer’s day aren’t wearing sunscreen or protective clothing,” he cited as an example.

Noted for his “energizer bunny” persona, Dr. Wisco continues to seek ways to mitigate these barriers, improve care practices, and promote overall health. Among them, he advocates:

Education aimed at the general public; regional screenings; utilizing virtual medicine as a diagnostic tool when in-person visits are not feasible; breaking down barriers in the medical system so that, for example, primary care physicians — who are “exceptionally busy” — can more easily utilize the expertise of dermatology specialists; and improving access to early intervention. Underpinning them all is, in Dr. Wisco’s words, “developing a health care system that accommodates the needs of patients,” and integrating long-term efforts to do so.

“Central and eastern Oregon have amazing clinicians,” he said. “We’re all striving to do the same thing — help our patients — and by working together across specialties, we can provide even better care.”

Toward that end, Dr. Wisco has been heavily involved in healthcare improvement initiatives primarily



KINDNESS AND COMPASSION ARE TOP PRIORITIES FOR THE DERM HEALTH MEDICAL TEAM | PHOTOS COURTESY OF DERMATOLOGY HEALTH SPECIALISTS

through the American Academy of Dermatology (AAD), the American College of Mohs Surgery (ACMS), and the American Medical Association’s National Quality Registry Network (NQRN). Most significantly, his efforts guided the development of the AAD’s national performance measurement system and data registry (DataDerm).

These national affiliations, including a continuing relationship with Brown University, where Dr. Wisco is an Associate Professor of Dermatology, directly benefit Derm Health’s patients in Central and eastern Oregon. “That’s where my heart is,” he claimed.

To quote: “By bringing the latest research and innovations here, and by maintaining a strong focus on personalized, patient-centered care, the Derm Health team ensures that their patients receive the most advanced, evidence-based treatments in a local, supportive setting.” Dr. Wisco has personally selected all five of Derm Health’s providers for their dedication to the same mission.

“We want patients to feel that we truly care for them,” he said, “so kindness and compassion are our top priorities as we help find ways to solve their problems, and make a difference in their lives.”

He added that “I think the world of the people on Derm Health’s medical team — it’s one of the best I’ve ever worked with in my career — hands down. I couldn’t do what I do without them.”

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## rebound

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[www.reboundoregon.com](http://www.reboundoregon.com)

## Hospitals *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Number of Beds	Number of Doctors	Number of Nurses	Operating Expenditures
St. Charles Bend 2500 NE Neff Rd. Bend, OR 97701	541-382-4321	541-388-5807	www.stcharleshealthcare.org isimmons@stcharleshealthcare.org	Iman Simmons	3,851	1918	256	175	979	\$555.3 million
St. Charles Madras 470 NE A St. Madras, OR 97741	541-475-3882	541-475-0615	www.stcharleshealthcare.org jcbishop@stcharleshealthcare.org	John Bishop	207	1967	25	7	58	\$33.5 Million
St. Charles Prineville 384 SE Combs Flat Rd., Ste. 1200 Prineville, OR 97754	541-447-6254	541-447-6705	www.stcharleshealthcare.org jcbishop@stcharleshealthcare.org	John Bishop	226	1950	16	18	62	\$35.9 million
St. Charles Redmond 1253 N Canal Blvd. Redmond, OR 97756	541-548-8131	541-526-6504	www.stcharleshealthcare.org isimmons@stcharleshealthcare.org	Iman Simmons	461	1952	48	69	175	\$92.30

## Emergency Transportation *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Area Served	Services
AirLink Critical Care Transport 2500 NE Neff Rd. Bend, OR 97701	N/A	N/A	www.airlinkcct.com	Kristin Lingman	75	1985	Central Oregon, Eastern Oregon, Southern Oregon	Emergency air medical transportation.
Bend Fire & Rescue 1212 SW Simpson Ave. Bend, OR 97702	541-322-6300	541-322-6321	www.bendoregon.gov/fire communications@bendoregon.gov	Todd Riley	125	1905	Bend	Ambulance & fire services emergency & non-emergency.
Crook County Fire & Rescue 500 NE Belknap St. Prineville, OR 97754	541-447-5011	541-416-2053	www.crookcountyfireandrescue.com info@crookcountyfireandrescue.com	Matt Smith	48	1882	Crook County	Fire & emergency services.
La Pine Rural Fire Protection District Administrative Office 51590 Huntington Rd., PO Box 10 La Pine, OR 97739	541-536-2935	541-536-2627	www.lapinefire.org info@lapinefire.org	Erick Holsey	43	1971	Southern Deschutes County & North Klamath County	Fire, rescue & emergency ambulance transport services.
Life Flight Network 743 SE Salmon Ave. Redmond, OR 97756	541-280-1224	503-678-4369	www.lifeflight.org cmgrath@lifeflight.org	Cindy McGrath	15	1978	The Pacific NW in four states: Oregon, Washington, Idaho & Montana	Life Flight is nationally-recognized not-for-profit air medical service.
MASA Medical Transport Solutions 70 SW Century Dr. Bend, OR 97702	541-848-8124	N/A	masamts.com/biz-solutions turioste@masamts.com	Tony Urioste	170	1974	N/A	N/A
Redmond Fire & Rescue 341 NW Dogwood Ave. Redmond, OR 97756	541-504-5000	541-526-1254	rdmfire.org diane.cox@rdmfire.org	Diane Cox	68	1910	Redmond, Terrebonne, Smith Rock State Park, Powell Butte, Roberts Field - Redmond Municipal Airport, Cline Falls, Eagle Crest & outlying areas	Ambulance, Fire Suppression, Rescue Services & Air Rescue Fire Fighting (ARFF).
Sunriver Service District 57475 Abbot Dr., PO Box 2108 Sunriver, OR 97707	541-593-8622	541-593-2768	www.sunriversd.org ssdadmin@sunriversd.org	Mindy Holliday	40	2002	Sunriver	Police, fire & EMS.

**CBN has made every effort to ensure that all information is accurate and up-to-date. We cannot, however, guarantee it. Please contact us immediately if you know that certain information is not correct or you would like to be added to a list, 541-388-5665 or email [cbn@cascadebusnews.com](mailto:cbn@cascadebusnews.com).**



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# Can AI Save Us from Superbugs?

by Dr. AKHILA KOSARAJU

You've probably heard of artificial intelligence writing college admissions essays or producing authentic-looking "deep fake" images. Less discussed is AI's potential to help us address health crises.

If deployed properly, AI could equip scientists with tools to fight the rise of drug-resistant superbugs.

Scientists predict that superbugs — bacteria and fungi that have developed resistance to existing medicines — could kill ten million people per year by 2050.

Fortunately, AI has the potential to give humans a leg up on superbugs. But it'll take the best efforts of the public and private sectors to ensure new drugs are accessible to patients — before it's too late.

In 2019, superbugs were linked to the deaths of nearly five million people worldwide.

Despite this alarming trend, many large companies have stopped researching antimicrobials. That's not due to lack of scientific promise. It's because the process is often commercially infeasible. In fact, nearly all of the

small companies that received FDA approval for a new antibiotic since 2017 have filed for bankruptcy, been bought out by another company, or shut their doors.

We need to attack this problem from two ends: optimizing the discovery of treatments and reshaping the antibiotic market with new incentives.

My company and our academic partners are working on the first part of the problem. Using AI, we're developing new classes of antibiotics that treat the world's most urgent threats. In days or weeks, AI can do discovery work that would take researchers months or years.

Here's how it works. Researchers expose a pathogen to thousands of chemicals with diverse structures to determine which ones prevent bacterial growth. They use the results to train an AI model to predict which new chemical compounds might be similarly effective.

Researchers then bombard the model with millions to billions of possible molecular structures. AI can virtually screen millions of molecules in an afternoon, no petri dishes required.

Scientists then test the most likely prospects. AI could shorten the time between drug discovery and the pre-investigation stage from roughly 4.5 to 2.5 years. AI could reduce research expenses to one-third of what they might be otherwise.

With breakthroughs like these, we are poised to discover new antimicrobials. Yet the economics mean there's little incentive to develop them.

Clinicians must use antibiotics judiciously to preserve their effectiveness. This has contributed to challenging economics for companies to recoup the investments made to bring a new antibiotic to market.

Government efforts have a key role to play. The bipartisan PASTEUR Act would create a subscription-like model to ensure that if a company develops a new antimicrobial, it will receive a sufficient return on investment.

My colleagues and I are confident we can outpace antimicrobial resistance scientifically. But we can't do so on our own. We need a multi-pronged effort that includes a reinvigorated marketplace. The fate of modern medicine depends on it.

*Dr. Akhila Kosaraju is CEO and president of Phare Bio.*

*pharebio.org*

## St. Charles Cancer Center, Redmond

*Continued from page 1*

"The facility will include a high-dose brachytherapy suite," said Alandra. "Brachytherapy delivers localized cancer treatment through internal radiation. St. Charles just began offering brachytherapy in Bend last year, so this will mark an expansion of access for this service which patients used to have to



RENDERINGS | COURTESY OF ST. CHARLES HEALTH SYSTEM

travel over the Cascades to get."

Alandra spoke on the importance of the location of this new Cancer Center, remarking how many patients to the existing Bend Cancer Center travel from all around the region.

"More than 40 percent of patients currently treated at the Cancer Center in Bend are coming from Sisters, Redmond, Prineville, Madras, Warm Springs and Terrebonne," she said. "By building this new center, we are increasing capacity and access and reducing the burden of travel for our patients, some of whom have to travel an hour every day to receive treatment."

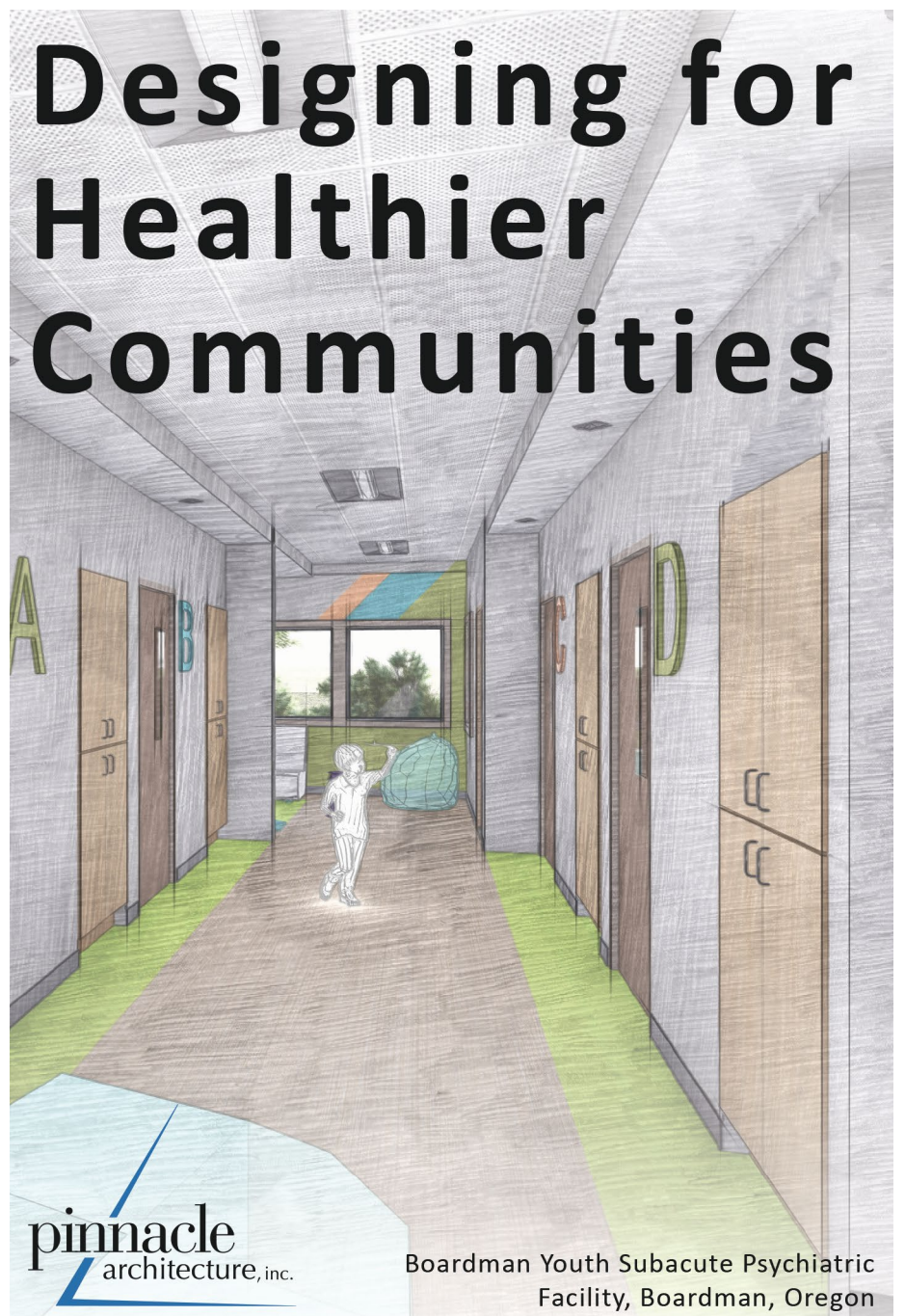
To add a personal touch to the new facilities, St. Charles invited attendees to the June groundbreaking ceremony to write something meaningful — an emotion, a loved one's name, etc. — on a rock. The rocks were gathered at the end of the ceremony, and they will be used in an art display in the new Cancer Center.

St. Charles board member and longtime Redmond resident Jon Bullock says that this Cancer Center is a positive development not just for cancer patients and their families, but for Redmond overall. "We have the chance to be a special place in the world, where families can get the compassionate care they need at the most difficult time of their life. Our community can be there to take care of them," said Bullock. "This could be a catalyst to positively impact the culture of Redmond forever."

*stcharleshealthcare.org*



## Designing for Healthier Communities



**pinnacle**  
architecture, inc.

Boardman Youth Subacute Psychiatric Facility, Boardman, Oregon

# Building Hope: A New Era of Healing for Youth in Rural Oregon

by **BRIANA MANFRASS, EDAC — Pinnacle Architecture**

The most recent Mental Health America report ranks Oregon last compared to other states in providing access to care for youth with mental illness. Oregon's single provider of inpatient mental health services for children between the ages of five and twelve is in the Portland Metro region, leaving the rest of the state completely devoid of a much-needed service. Recognizing this need for eastern Oregon, Community Counseling Solutions (CCS) is building the Boardman Regional Youth Subacute Psychiatric Facility, the first of its kind in the region. This transformative facility is a beacon of hope for children experiencing a mental health crisis in rural Oregon, Washington, and Idaho.



This multifaceted project is much more than an inpatient mental health treatment facility — it is a temporary home and space of healing for children and families. In addition to therapeutic spaces uniquely designed for the needs of the youth patients, there is a classroom so children don't forgo education while in treatment, an apartment where families can stay during the reunification process, and three residential wings, each with a shared living room.

Few challenges in architectural design are as complex and rewarding as crafting spaces that foster physical and psychological safety, especially when those spaces are intended for children. Throughout the design process, the



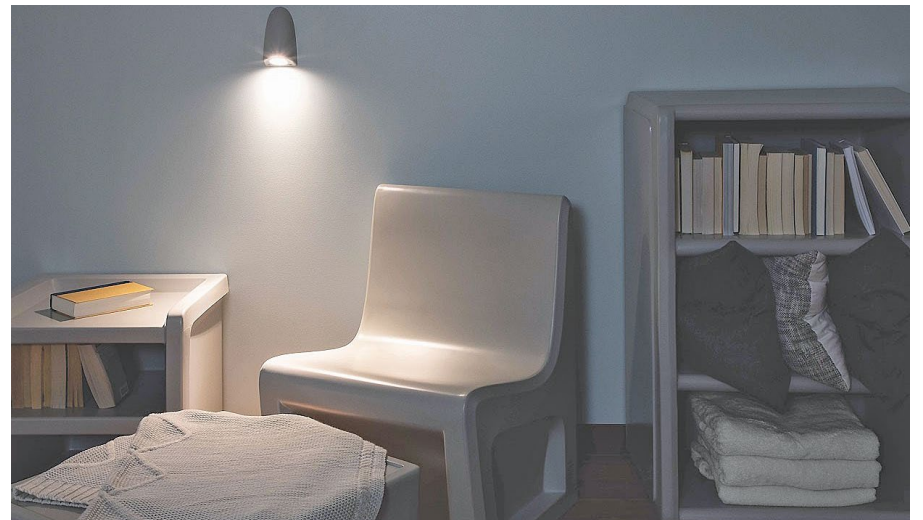
THE WHIMSICAL COLOR SCHEME BEGINS ON THE BUILDING'S EXTERIOR AND PERMEATES ALL DESIGN ASPECTS, FROM WAYFINDING TO PLAY STRUCTURES | RENDERINGS COURTESY OF PINNACLE ARCHITECTURE

team imagined themselves as a four-foot-tall child to understand how each space looked and felt from that perspective. Leveraging the perspective of your inner child can remind you of things that scared or intimidated you when you were young, like shadows, long corridors, dark corners, and foreboding shapes. Research has shown that physical environments are critical in the therapeutic process. When it comes to behavioral health facilities for children, the design must go beyond functionality — it must be deeply empathetic, safe, and nurturing. This piece explores the key principles guiding Pinnacle's design for the Boardman Regional Youth Subacute Psychiatric Facility.

## KEY DESIGN PRINCIPLES

### Designing for Safety

Safety is paramount in any behavioral health facility, and the design team had to strike a delicate balance between security and comfort with the Boardman Regional Youth Subacute Psychiatric Facility. The goal was to create spaces where children are safe without feeling confined. This began with the layout — minimizing blind spots and ensuring staff can always maintain unobtrusive supervision. The facility's materials were carefully selected to be durable yet non-threatening, with no sharp edges or breakable components, including anti-ligature and tamper-proof hardware. Spaces were considered from a bottom-up perspective, with keen attention to detail on anything within a child's reach. The selection of furniture considers a child's ability to move, stack, or climb items — carefully avoiding products that enable children to create an unsafe situation.



A KEY EXAMPLE OF CONSIDERING SAFETY IN SELECTING MATERIALS IS THAT EACH BEDROOM HAS AN IMPACT-RESISTANT AND ANTI-LIGATURE TASK LIGHT. IN ADDITION TO PATIENT AND CAREGIVER SAFETY, THE LIGHT IS TOUCH-CONTROLLED, DIMMABLE, AND FLAUNTS AN ATTRACTIVE DESIGN | PHOTO COURTESY OF VISA LIGHTING

### Designing for Emotional Regulation

Children in behavioral health facilities are likely experiencing heightened levels of anxiety and stress and often find it difficult to regulate their emotions. Designing an environment that supports sensory experience and encourages self-soothing behaviors is crucial to a child's overall emotional well-being. Small, enclosed seating nooks are scattered throughout the facility, allowing children to retreat when overwhelmed.



A SMALL SEATING NOOK IN THE CLASSROOM INCORPORATES A WINDOW AS A CONNECTION TO NATURE — ALL 'CHILD-SIZED' TO HELP PATIENTS SELF-SOOTHE

The design prioritizes non-institutional aesthetics, using warm colors, soft textures, and natural materials to create a home environment. Crafting spaces that feel like home is challenging when working within an inpatient psychiatric facility's safety needs and state regulations. Each living space is equipped with highly durable LVT flooring that mimics the design of an area rug — making the space feel more like a living room in a home than a hospital. Cabinetry, seating, and architectural accents throughout the building provide a soft, natural wood tone.

The facility is bathed in natural light thanks to large windows, skylights, and solar tubes — a powerful tool for creating a calming and peaceful atmosphere for children. Each bedroom has a large window, promoting a sense of connection to the outside world and supporting the regulation of a child's circadian rhythm, which is linked to improved sleep patterns — a key factor in mental health and healing.

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# Pinnacle Architecture

*Continued from previous page*

When overstimulated, children often find it difficult to manage their emotions, leading to increased anxiety, irritability, or emotional outbursts. The design aimed to alleviate overstimulation with acoustical treatments that manage noise levels. Acoustics are often an issue in psychiatric facilities, with regulation allowing for limited soft surfaces traditionally used to tamper sound. In this case, the design team positioned acoustical infill within the perforated secure metal ceiling and strategically placed acoustical panels throughout the facility.



THE LIVING ROOM WITHIN EACH RESIDENTIAL WING IS BATHED IN NATURAL LIGHT, WITH COLOR LAMINATE FLOORING THAT MIMICS AN AREA RUG AND ABUNDANT WOOD TONES



EACH RESIDENTIAL WING CAN BE IDENTIFIED BY COLOR — A PALETTE THAT IS INCORPORATED THROUGHOUT THE DESIGN OF THE INTERIOR AND EXTERIOR OF THE FACILITY | RENDERINGS COURTESY OF PINNACLE ARCHITECTURE

### Designing for Fun

Creating a healing space for children involves an essential element often overlooked in healthcare settings — fun. Moving to a new and unfamiliar environment can be intimidating for a child but incorporating fun and playful spaces can help create a sense of normalcy and comfort. Starting at the building's entrance, a whimsical color palette sets the tone, evoking a welcoming and childlike sense of wonder. This same color scheme is thoughtfully applied throughout the building as a wayfinding tool, aiding children in navigating their new surroundings.

Many therapeutic techniques for children incorporate elements of play. The design of this facility promotes specific therapeutic techniques with tailored spaces, including:

- **Inspiration room.** Includes adjustable lighting tuned to a specific color and brightness to achieve visual and psychological effects, multiple seating options, and soft surfaces
- **Sensory room.** Includes a cocoon swing, trampoline, musical touch wall,

sensory fiber carpet, and a vibroacoustic chair

- **Outdoor recreation.** Includes a large sprawling lawn, a modern accessible playground, and a sports court

Play and creative expression are vital for a child's cognitive, emotional, and social development. To support each child's creative expression, the exterior of each bedroom wall is adorned with a marker board. This feature allows children to personalize their space, provides a sense of ownership when they are likely to feel disempowered, and encourages them to engage with their surroundings.

Ultimately, the design of the Boardman Regional Youth Subacute Psychiatric Facility centers on creating a nurturing and healing environment for children, with the goal of reuniting children with their families and strengthening family structures. This project is a huge leap forward in providing trauma-informed behavioral health services to children in rural Oregon — a population that is currently slipping through the cracks.

If you're interested in learning more about our work or have a project in mind, we invite you to contact us. Together, we can create spaces that heal.

*Briana Manfrass is an Evidence-Based Design (EBD) certified professional. She bases decisions about the built environment on credible research to achieve the best possible outcomes. With more than 17 years of experience designing healthcare environments, she thrives on working with her clients to explore unique design ideas and integrate proven design solutions. Manfrass is a firm owner and actively involved in the Central Oregon community, currently serving on the Bend Development Advisory Board. Briana@parch.biz or 541.388.9897x22*

[oregonlive.com/health/2024/04/where-to-find-youth-behavioral-health-resources-in-oregon.html](https://oregonlive.com/health/2024/04/where-to-find-youth-behavioral-health-resources-in-oregon.html)

[oregonlive.com/politics/2024/05/oregons-director-of-youth-behavioral-health-acknowledges-profound-shortage-of-needed-care-q-a.html](https://oregonlive.com/politics/2024/05/oregons-director-of-youth-behavioral-health-acknowledges-profound-shortage-of-needed-care-q-a.html)

[pinnaclearchitecture.com](https://pinnaclearchitecture.com)



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## Eye Care Surgery Clinics & Examinations *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Alpine Eyecare 505 SW Mill View Way, Ste. 100 Bend, OR 97702	541-588-2013	541-317-1202	alpineeyecare@bendbroadband.com	Dr. Tom S Thomason	2	2000	Family vision care.
Bend Ophthalmology LLC 2357 NE Connors Ave., Ste. 101 Bend, OR 97701	541-389-3166	541-389-9817	www.bendeyes.com info@bendophthalmology.com	Darcy C. Balcer, Nancy M. Bonetto, Jason W. Dimmig, Scott X. Stevens	18	1976	Comprehensive medical eye care, corneal, glaucoma specialties, cataract & laser surgery.
Cascade Eyecare 62968 OB Riley Rd., Ste. 11 Bend, OR 97703	541-382-2020	541-382-5004	www.cascadeeyecare.com frontdesk@cascadeeyecare.com	Erin Follen	6	1952	Comprehensive eye examinations, contact lens exams, medical eye care, emergency eye visits, designer eyewear.
Central Oregon Eyecare - Bend 2155 NW Shevlin Park Dr. Bend, OR 97703	541-647-2760	541-647-2763	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	4	1943	Eye disease detection & treatment, family vision care, contact lenses, Lasik & surgery co-management, complete optical, sunglasses, LASIK.
Central Oregon Eyecare - Madras 65 NE Oak St., Ste. 110 Madras, OR 97741	541-475-9999	541-475-4247	www.centraloregoneyecare.com info@centraloregoneyecare.com	Michelle Lima	4	2009	Eye disease detection & treatment, family vision care, contact lenses, Lasik & surgery co-management, complete optical, sunglasses.
Central Oregon Eyecare - Prineville 198 NE Combs Flat Rd., Ste. 120 Prineville, OR 97754	541-447-5133	541-447-6891	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	4	1943	Eye disease detection & treatment, family vision care, contact lenses, Lasik & surgery co-management, complete optical, sunglasses.
Central Oregon Eyecare - Redmond 1000 SW Indian Ave. Redmond, OR 97756	541-548-2488	541-548-5334	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	12	1943	Eye disease detection & treatment, family vision care, contact lenses, LASIK, surgery co-management, complete optical, sunglasses.
Central Oregon Eyecare- Sisters 625 N Arrowleaf Tr., Ste. 103 PO Box 1986 Sisters, OR 97759	541-549-2105	541-549-2106	www.centraloregoneyecare.com info@centraloregoneyecare.com	N/A	4	1943	Eye disease detection & treatment, family vision care, contact lenses, Lasik & surgery co-management, complete optical, sunglasses, LASIK.
Coffman Vision Clinic 61535 S Hwy. 97, Ste. 16 Bend, OR 97702	541-389-4774	541-389-3971	www.coffmanvision.com meredith@coffmanvision.com	Howard Schor, Michael A. Coffman	21	1998	Comprehensive vision exams, high fashion frames, newest technology lenses, one hour service, 3-D retinal imaging.
Elemental Eyecare 2736 NW Crossing Dr., Ste. 120 Bend, OR 97703	541-323-3937	541-323-3938	www.elementaleyecare.com info@elementaleyecare.com	Dr. Gabby Marshall, Dr. Amanada Balsalobre	8	2008	Pediatric eye exams & vision therapy. Pediatric eyewear. Vision rehabilitation & sports vision training.
Eyes on Wall St. 822 NW Wall St. Bend, OR 97703	541-382-4756	541-382-4455	eyesonwallstbend.com	Dr. Lorraine M. Winger	4	1999	Professional eye examinations & contact lens fittings. Complete optical services including on-site optical lab. Feature a large selection of quality fashion eyewear & repair.
High Desert Vision Source 443 SW Evergreen Ave. Redmond, OR 97756	541-923-2221	541-923-3776	www.visionsource-highdeserteyecare.com hdvs@bendbroadband.com	Dr. Audrey H. Brumley, Dr. Gretchen I. Chadwick, Dr. Kilah S. Atkinson	11	1983	Complete comprehensive eye care, including contact lenses, primary eye care, optical services, laser & surgery co-management, children's vision & comprehensive eye exams.
Infocus Eye Care 2450 NE Mary Rose Pl., Ste. 110 Bend, OR 97701	541-318-8388	541-318-7145	www.infocus-eyecare.com info@infocus-eyecare.com	Tona Buck	35	1998	Specializing in cataract & eyelid surgery, LASIK refractive surgery & more. Ophthalmologists: Ida Alul, MD; Patricia Buehler, MD; Meryl Sundry, MD; Amanda Selchau, MD. Optometrists: Winter Lewis, OD; Elizabeth Potvin, OD; Sheena Rolston, OD.
Integrated Eyecare 336 SW Cyber Dr., Ste. 100 Bend, OR 97702	541-382-5701	541-382-5702	www.iebend.com info@iebend.com	Dr. Lindsey Slinger, Dr. Kit Carmiencke, Dr. Kirsten C. Scott	15	1935	Enhancing the quality of your vision today, while protecting the health of your eyes for tomorrow.

Continued on Page 24 ▶



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# A New Generic Diabetes Drug Shows How Medical Innovation Works

by **HOWARD DEAN**

The drugmaker Teva Pharmaceuticals made history in June by launching the first-ever generic version of a GLP-1 diabetes drug. This revolutionary class of medications, which are also growing increasingly popular as treatments for obesity, has proven astoundingly effective in helping diabetes patients manage their condition.



The launch is good for millions of Americans living with type 2 diabetes. It's also a textbook case of how the life sciences industry is supposed to work. Leaps in innovation soon lead to mass-scale availability.

The list of people and organizations who deserve credit for the GLP-1 success story is long. What's undeniable, though, is that none of it would have been possible were it not for our country's system of intellectual property protections.

When the first GLP-1 drugs came on the scene two decades ago, they were greeted by the medical community as a major step forward in the treatment of diabetes. In the years since, GLP-1 drugs have established themselves as among the

most powerful tools available for improving glycemic efficacy, promoting weight loss, and lowering blood pressure.

Now that the first generic GLP-1 therapy has launched, these drugs will be available at a lower cost.

Patent protection plays an indispensable role in that process. Inventing a new treatment is a high-risk, high-reward endeavor. Bringing a new drug to FDA approval costs an average of \$2.6 billion, counting the investment dollars lost on the nearly 90 percent of drugs entering clinical trials that fail along the way.

Patents make it worthwhile for scientists and investors to take that risk. Patents give their holders a sole right to sell the products they have developed for a limited period. If a drug succeeds, drugmakers can use that window of protection to earn back their initial investments and make a return — before low-cost generics enter the market.

In the case of GLP-1 drugs, this process worked perfectly. What began as early-stage laboratory research undertaken with patent protection led to approval of a real-world drug — and now a low-cost generic. Now, patients at all income levels can reap the health benefits of this remarkable therapy.

Stories such as these are common. To date, the FDA has approved more than 32,000 generic drugs — including more than 900 last year alone. Over 90 percent of prescriptions filled in the United States are generics. But there would be no generics if patent protection didn't give drug developers the incentive to start the process.

This state of affairs is rarely reflected in the public debate over drug prices. The conventional wisdom suggests that drug prices have gotten out of control. But while this is true in specific cases, high-priced brand-name drugs represent a small minority of prescriptions filled. And the brand-name prices will come down as generics enter the market — which they will.

This is exactly as it should be. When America's life sciences ecosystem works as intended, it can simultaneously drive medical science forward, while also promoting affordability through a vibrant generic market.

Howard Dean is the former chair of the Democratic National Committee and former governor of Vermont. This piece originally ran in the *International Business Times*.

[tevapharm.com](http://tevapharm.com)

## 100+ Women Who Care Central Oregon

by **LINDA ORCELLETTO, Member — 100+ Women Who Care Central Oregon**

Filling the fundamental human desire for connection and community is what we all strive for. When friends join a giving circle, it strengthens social bonds and fosters a sense of camaraderie. This is what inspired 100+ Women Who Care Central Oregon (100+WWCCO) in 2014. Today, the all-volunteer organization with more than 130+ members continues to thrive and is celebrating ten years of giving.



Collectively the group has raised nearly \$760,000 for close to 50 Central Oregon nonprofits since its first meeting on September 15, 2014.

"Our impact is truly profound. A selected nonprofit can receive \$13,000 to \$20,000, which is significant for small nonprofits who may not have the resources to raise funds," said Christi Haynes of Brooks Resources Corporation and current leader of the organization. "Beyond providing substantial financial support, the emotional support is invaluable, fostering a sense of community."

At the quarterly meetings, three nonprofit organizations are randomly drawn from nominations generated by members. Each representative has five minutes to tell the story to the group of why her nonprofit should receive the collective funds. The presenter also has five minutes to answer questions. After all three organizations had a chance to give their presentation, those in attendance decide on the recipient. The organization with the most votes is announced. Each member then writes a \$100 check that night or donates on the nonprofit's website. Funds raised go even further through the Richard M. Schulze Family Foundation who matches a \$10,000 collection with a grant of \$5,000.

"For our members, knowing that their contributions are making a real difference is empowering. It reinforces the idea that collective action can lead to significant positive change," said Alice Sole, steering committee member since 100+WWCCO's inception.

The first 100WWC chapter was started in November of 2006 by Realtor Karen Dunigan, from Jackson, Michigan. 100+WWCCO was the first chapter in Oregon and is part of the nationwide 100 Women Alliance.

In 2023 4,000 giving circles, in the US had collectively donated \$3.1 billion (yes, that's with a 'b'!) since 2017. Nationally, there are more than 370,000 giving circle members.

"Over the past ten years I have learned about so many of Central Oregon's unique nonprofits and forces for good," said Gwenn Wysling, long time member and executive director for Bethlehem Inn, the first recipient of 100+ funds. "100+WWCCO bring together an ever-growing collection of compassionate and engaged women who are individually powerful and together have made a huge difference in our communities."

When other nonprofit organizations had to reduce their services due to the pandemic, 100+WWCCO united even more. The members 'voted' with their wallet, donating to the organization of their choice, with many members contributing funds to all three organizations.

"Our contributions have touched countless lives and helped build a stronger, more resilient Central Oregon," mentioned Lisa Shropshire, co-founder of the group. "As we approach our 10th anniversary, I look forward to continuing this legacy of generosity and impact, inspiring more women to join us in this rewarding endeavor."

100+WWCCO encourages all women interested to attend the next meeting on Monday, September 9 at the Deschutes Children's Foundation on the Rosie Bareis Campus.

Nominations by members for area nonprofits are accepted through September 5.

For specific information regarding membership, or nonprofit eligibility criteria visit [100wwcco.com](http://100wwcco.com). Head to our Facebook page to learn more or see past check presentation photos.

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Kerri Lyons, OD  
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Eye Care Surgery Clinics & Examinations *(Listed Alphabetically)*

▶ CONTINUED FROM PAGE 22

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Lifetime Vision Care LLC 901 NW Carlon Ave., Ste. 2 Bend, OR 97703	541-382-3242	541-317-3579	www.lvcbend.com info@lvcbend.com	Dr. Brock Karben, Dr. Derri Sandberg, Dr. Matt Sisson	13	1995	General lifetime optometry care.
Madras Vision Source 211 SE Fifth St. Madras, OR 97741	541-475-2020	541-475-6118	www.visionsource-madras.com	Dr. Audrey H. Brumley, Dr. Jessica B. Tegen	6	1979	Optometric services including corrective eyewear, eye health evaluations, pre & post operative surgical care.
Ochoco Vision Source 340 NW Beaver St. Prineville, OR 97754	541-416-2020	541-447-2608	www.visionsource-ochocovision.com ochocovs@gmail.com	Dr. Kilah S. Atkinson, Dr. Gretchen I. Chadwick, Dr. Audrey H. Brumley	7	1981	Optometric services including corrective eyewear, eye health evaluations, pre & post operative surgical care.
Oregon Vision Center - Madras 1555 S Hwy. 97 Madras, OR 97741	541-475-2700	N/A	www.oregonvisioncenters.com ovc.2020@yahoo.com	Dr. Tom Thomason	2	2009	Thorough vision examinations for prescribing eyeglasses & any type of contact lenses.
Oregon Vision Center - Prineville 1555 NE Third St. Prineville, OR 97754	541-447-3937	N/A	www.oregonvisioncenters.com ovc3937@yahoo.com	Dr. Tom Thomason	4	2001	Thorough vision examinations for prescribing eyeglasses & any type of contact lenses.
Oregon Vision Center - Redmond 632 SW Sixth St. Redmond, OR 97756	541-923-2020	541-923-2082	www.oregonvisioncenters.com ovc.2020@yahoo.com	Dr. Tom Thomason	6	1960	Thorough vision examinations for prescribing eyeglasses & any type of contact lenses.
Orion Eye Center Bend 1475 SW Chandler Ave., Ste. 102 Bend, OR 97702	541-548-7170	541-548-3842	www.orioneyecenter.com	Dr. Ryan Constantine, Dr. Laith Kadasi, Dr. Brian Desmond	30	1993	Specialists in retina & cornea, cataract surgery & medical diseases of the eye. Our in-house ambulatory surgical facility offers a low stress approach to surgery.
Orion Eye Center Redmond 1775 SW Umatilla Ave. Redmond, OR 97756	541-548-7170	541-548-3842	www.orioneyecenter.com	Dr. Ryan Constantine, Dr. Laith Kadasi, Dr. Brian Desmond	30	1993	Specialists in retina & cornea, cataract surgery & medical diseases of the eye. Our in-house ambulatory surgical facility offers a low stress approach to surgery.
Riverbend Eyecare 143 SW Shevlin Hixon Dr., Ste. 101 Bend, OR 97702	541-317-9747	541-317-1818	www.riverbendeye.com info@riverbendeye.com	Patrick Ayres, Kristen Gaus	5	1999	Adult & child vision care, therapy for eye muscle disorders & visually-related reading disorders, nutritional therapy for eye diseases.
Summit Family Eyecare 1250 NE Third St., Ste. B100 Bend, OR 97701	541-382-0103	541-385-6851	www.summitfamilyeyes.com sfebend@gmail.com	Dr. Raymond F. Hardy	5	1975	Eye examinations, prescription lenses, glasses frames.
Summit Medical Group - Eastside Clinic 1501 NE Medical Center Dr. Bend, OR 97701	541-317-4299	N/A	www.bendmemorialclinic.com	Dr. Robert Mathews, Dr. Hayley McCoy, Dr. Thomas Fitzsimmons, Dr. Scott O'Connor	29	1950	Cataract surgery, glaucoma specialty care, contact lenses & glasses, low vision evaluation & retinal specialty care, oculoplastics.
Summit Medical Group - Redmond 865 SW Veterans Way Redmond, OR 97756	541-382-2811	N/A	www.bendmemorialclinic.com	Dr. Thomas Fitzsimmons, Dr. Robert Mathews, Dr. Brian Desmond, Dr. Scott O'Connor	6	1950	Cataract surgery, glaucoma specialty care, contact lenses & glasses, low vision evaluation & retinal specialty care, oculoplastics.
Summit Medical Group - Old Mill District Clinic 815 SW Bond St. Bend, OR 97702	541-382-2811	N/A	www.bendmemorialclinic.com	Dr. Scott O'Connor, Dr. Thomas Fitzsimmons, Dr. Robert Mathews, Dr. Michael Majerczyk	25	1950	Cataract surgery, glaucoma specialty care, contact lenses & glasses, low vision evaluation & retinal specialty care, oculoplastics.
VisionWorks 63455 N Hwy. 97, Ste. 75 Bend, OR 97701	541-389-5207	541 389 2718	www.visionworks.com	Dr. Eric Hinds	7	2006	Designer & exclusive brand frames, lenses, contact lenses, accessories, sunglasses & vision correction.

**CBN has made every effort to ensure that all information is accurate and up-to-date. We cannot, however, guarantee it. Please contact us immediately if you know that certain information is not correct or you would like to be added to a list, 541-388-5665 or email [cbn@cascadebusnews.com](mailto:cbn@cascadebusnews.com).**

## Tune in to KPOV to Hear Local Programs



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# Ziptyft

*Continued from page 1*

skin fell off within five days," Patricia said. "Impressed by this compelling idea, I designed and patented the Ziptyft, a revolutionary device that enables the first minimally invasive surgery for eyelids."

While Patricia patented Ziptyft in 2014, a very busy life and career would make it difficult to advance the technology. However, due to the pandemic and shutdowns of 2020, there was suddenly much more time to develop this new method. Patricia recalls practicing the procedure and early prototype devices on chicken thighs in her kitchen, and being very proud when she won the 2022 Bend Venture Conference with Ziptyft.

Eventually, Patricia got connected with the OSU-Cascades cadaver lab, where the device was successfully used on 62 eyelids across seven different labs. The results were all very successful, and the device began to be used on living patients in December of 2023. Now, with 48 successful procedures, the results are starting to speak for themselves. "We are super excited with all of the results," Patricia said. "Patients have minimal bruising, faster recovery and a nice-looking

healed incision with great symmetry."

Not only does the patient benefit, but Patricia says that the procedure is also easier on the surgeons, "From their standpoint, the procedure is a lot faster (45 minutes down to ten), and there is no need for cauterizing or suturing."

Osheru raised \$4.7 million through a variety of donors, including Business Oregon, Nike Co-Founder Phil Knight, and SOPHINCAP, the corporate venture fund of Laboratorios Sophia, an international ophthalmology company that is considered a leader in industry innovation.



PATRICIA BUEHLER, MD, MPH

Osheru is hoping to begin selling the Ziptyft device to surgeons and medical offices in the third quarter of 2025.

[ziptyft.com](http://ziptyft.com)

# La Pine Wellness Center

*Continued from page 11*

devoted to dental and imaging services, with space for community meetings and educational gatherings enhanced by remote conferencing technology.

Imaging capabilities include mammograms, ultrasound procedures, and CT (or CAT) scans. "We know the need is there," said Ignazzitto, "and decided to fill it by becoming the first diagnostic imaging clinic in south Deschutes County."

As an example, during Breast Cancer Awareness Month, which takes place every October, LCHC for the past several years has hired a van and taken women into Bend for mammograms — which are able to identify breast cancer up to three years before it can be felt. "Providing this opportunity for early detection at the local level will make a huge difference," she said. "As women have told us, 'Next October, I won't have to go into Bend.'"

Ignazzitto added that "both the La Pine Fire District and the St. Charles Family Care Clinic are very excited about having CT scanning, which can image bone, soft tissue, and blood vessels all at the same time. They feel that having a local facility could help prevent some ambulance rides into Bend."

In the dental portion of the first floor, Ignazzitto noted that "LCHC will begin by providing routine preventative services such as check-ups, cleanings, and sealants, restorative services such as fillings, and dental surgical services such as extractions,

with the goal of adding crowns, root canals and denture services as the oral health program grows. Once fully staffed, we'll anticipate seeing approximately 35 patients per day."

She pointed out the proven connection between oral health and general health. "Poor oral health — affected most often by tooth decay, gum disease, and oral cancers, which are largely preventable — can lead to a number of health issues including cardiovascular disease, stroke and respiratory conditions, pregnancy and birth complications, dementia, and obesity."

As Ignazzitto emphasized, "We want to get kids started early on the path to great dental health, as this can affect the entire body, creating a link to the primary care LCHC offers. Our primary care providers are often the first to identify behavioral issues as well."

### Access to Health Care for All

While "La Pine Community Health Center plans to expand our breadth by adding other specialties in the future, the Wellness Center will be a huge leap forward in the availability of health care services for La Pine and southern Deschutes County," Ignazzitto said.

This thought was echoed by CEO Erin Trapp. "Largely serving a rural, high-risk population, LCHC is committed to ensure continued access to health care for all, regardless of income. This commitment is the driving force behind our ambitious Wellness Center project."

[lapinehealth.org](http://lapinehealth.org)

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Audiologists *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services	Locations
Central Oregon Ear Nose & Throat, LLC 2450 NE Mary Rose Pl., Ste. 120 Bend, OR 97701	541-526-1133	541-385-4935	www.coent.com audiology@coent.com	Emilie Hart-Hutter	12	1975	Hearing & dizziness evaluations, hearing aid consultations.	Bend
Connect Hearing - Bend 932 NE Third St., Ste. 2 Bend, OR 97701	541-382-3308	541-318-0767	www.connecthearing.com info@connecthearing.com	Kristin Morris	2	2014	Audiology & hearing aid services.	Bend, Redmond
Connect Hearing - Redmond 106 SW Seventh St. Redmond, OR 97756	541-548-7011	541-548-7023	www.connecthearing.com info@connecthearing.com	Paige Canfield	2	2014	Audiology & hearing aid services.	Bend, Redmond
Hearing Aids by Tricia Leagjeld 708 SW 11th St. Redmond, OR 97756	541-640-5354	N/A	www.hearingaidsbytricialeagjeld.com tricia.leagjeld@gmail.com	Tricia Leagjeld	2	1955	Educational hearing evaluation & personalized programming. Hearing aid demonstrations & customized fittings for any brand. Top of the line Auricle technology & equipment. Tympanogram. Hearing instrument test box in which we can test the effectiveness of any brand hearing aid. Free office visits, screenings adjustments & cleanings. Hearing aid repairs.	Redmond
Kenyon Audiology 1625 NE Second St. Bend, OR 97701	541-317-1265	541-317-1273	www.kenyonaudiology.com kenyonaudiology@gmail.com	Janet Kenyon	4	1993	Audiology & hearing aid services.	N/A
Pacific Northwest Audiology 2205 NW Shevlin Park Rd. Bend, OR 97703	541-678-5698	541-306-4551	www.pnwaudiology.com info@pnwAudiology.com	Dr. Li-Korotky AuD	7	2012	From initial consulting, diagnosis & hearing aid fitting to follow-up speech mapping, counseling & rehabilitation, we are Clinical Doctors of Audiology & we have more than 1000 5-Star reviews. Our services include a wide range of diagnostic & treatment options for hearing loss, tinnitus, cochlear Implants & other hearing disorders, using cutting-edge hearing technology & hearing enhancement tech.	Bend

Cosmetic Surgery *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Bluebird Oral Surgery 1893 NE Neff Rd. Bend, OR 97701	541-382-7981	541-389-6953	www.bluebirdoralsurgery.com info@bluebirdoralsurgery.com	Dr. Mark Schlam, Dr. Amir Azari, Dr. Garrett Welch	12	2001	Oral & maxillofacial surgery.
Mountain View Cosmetic Surgery 2450 NE Mary Rose Pl., Ste. 200 Bend, OR 97701	541-317-9555	541-317-9561	www.mountainviewcosmeticsurgery.com mvs007@gmail.com	Dr. Robert T. Quinn II	2	2003	Cosmetic surgery of the face & body, reconstructive surgery of breast & body.
Northwest Cosmetic Surgery 777 SW Millview Way, Ste. 100 Bend, OR 97702	541-388-1022	541-322-7002	www.northwestcosmeticsurgery.com drgarygallagher@aol.com	Dr. Gary Gallagher	6	2002	Cosmetic plastic surgery of the face & body. Restylane, Botox, Dystort, Photofacial & hair removal.
The Leffel Center for Cosmetic, Breast & Laser Surgery 1715 SW Chandler, Ste. 100 Bend, OR 97702	541-388-3006	541-382-7605	www.leffelcenter.com	Linda J. Leffel	5	1993	Full service cosmetic, plastic & reconstructive surgery & laser skin technology.
Villano MD 431 NE Revere Ave., Ste. 110 Bend, OR 97701	541-312-3223	541-330-2499	www.villanomd.com info@villanomd.com	Michael E. Villano	7	2003	Facial plastic surgery & aesthetic skin care services.

# Heaven Can Wait Celebrates 25 Years of Raising Funds for Breast Cancer

provided by ST. CHARLES HEALTH SYSTEM

Community members are invited to take part in the 25th annual Heaven Can Wait 5K fundraiser to support breast cancer in Central Oregon. Registration is open now for the event set Sunday, October 6 at 10am at Redmond High School. Over the years, this family-friendly walk/run has raised hundreds of thousands for Sara's Project, which helps provide vital support services to people in Central Oregon with breast cancer.

"Heaven Can Wait is a time to show love and support for the breast cancer community in Central Oregon, including patients, survivors, family members and caregivers," said Jenny O'Bryan, executive director for St. Charles Foundation. "This year will be particularly special, as we celebrate the 25th anniversary of Heaven Can Wait."

O'Bryan says organizers have a lot of fun extras in store and want to raise the bar for support. "In honor

of our 25th year, we hope to raise an additional \$25K for patient support programs that help provide free wigs, post-surgical bras, transportation, education of early detection and massage therapies for those in need," O'Bryan continued.

This year's event will kick off at Redmond High School's football stadium and will wind through Dry Canyon. Dogs are not permitted at the event.

Individuals can sign up online at [HeavenCanWait.org](http://HeavenCanWait.org). Individuals can also sign up to volunteer to support the event.

Source: [stcharleshealthcare.org/news/heaven-can-wait-celebrates-25-years-raising-funds-breast-cancer](http://stcharleshealthcare.org/news/heaven-can-wait-celebrates-25-years-raising-funds-breast-cancer)

[stcharleshealthcare.org](http://stcharleshealthcare.org)  
[heavencanwait.org](http://heavencanwait.org)



PHOTO | COURTESY OF ST. CHARLES HEALTH SYSTEM

# Shriners Children's Celebrates New Clinic in Redmond with Ribbon Cutting

by DESERAE DORTON, Manager-Marketing & Communications — Shriners Children's Portland

Shriners Children's has a new clinic in Redmond, for the convenience of families in Central Oregon. The ribbon cutting was set up in front of the building.

A brief program with speakers from Shriners Children's, our Redmond partner, to The Center Orthopedic & Neurosurgical Care, a patient and a former patient proceeded the ribbon cutting.

Shriners Children's Portland provides specialized pediatric orthopedic care, regardless of ability to pay. Pediatric orthopedic surgeons from Shriners Children's Portland are available at the Redmond clinic twice a month, providing incredibly

specialized care to children in Central Oregon.

**About Shriners Children's:**

Shriners Children's is changing lives every day through innovative pediatric specialty care, world-class research and outstanding medical education regardless of ability to pay. Shriners Children's has treated more than 1.5 million children from more than 170 countries over the last 100 years.

[shrinerschildrens.org](http://shrinerschildrens.org)



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Assisted Living Facilities *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Units	Fees	Services
Absolute Serenity Senior Care 182 & 192 E Tall Fir Ct. Sisters, OR 97759	541-848-3194	541-549-1726	absolutserenity.info absolutserenity@ymail.com	David & Leah Tolle	8	2009	N/A	N/A	Provision of care in a home atmosphere & promotion of independence with activities of daily living.
Aspen Ridge Memory Care Community 1025 NE Purcell Blvd. Bend, OR 97701	541-385-8500	541-312-6674	www.aspenridgememorycare.com administrator@aspenridgememorycare.com	Simeon	32	1999	42	Upon request.	Meeting the needs of residents & families dealing with dementia & Alzheimers.
Aspen Ridge Retirement Community 1010 NE Purcell Blvd. Bend, OR 97701	541-385-8500	541-330-6687	www.aspenridgeretirement.com administrator@aspenridgeretirement.com	Angela Tuttle	55	1999	167	Upon request.	Independent retirement living, assisted living & specialized Alzheimers/ memory care with the ability to transition from one to the other as needed.
Bend Transitional Care 900 NE 27th St. Bend, OR 97701	541-382-0479	541-389-7054	www.bendtransitionalcare.com hjeffers@avamere.com	Heather Jeffers	75	1954	49	Upon request.	Primary focus on skilled nursing care & long-term care.
Brookdale Bend 1099 Watt Way Bend, OR 97701	541-3854717	541-389-1163	www.brookdaleliving.com amepra@brookdale.com	Amei Pratt	35	2000	46	Upon request.	Unique building design with specialized life enrichment program to enhance quality of life for the memory impaired.
Brookside Place 3550 SW Canal Blvd. Redmond, OR 97756	541-504-1600	541-504-1602	www.brooksideplace.net director@brooksideplace.net	Pam Sessions	24	1995	37	Upon request.	On-site beauty salon, whirlpool, activities room, all one level, library, dining room, one indoor, secure courtyard.
Cascades of Bend Assisted Living 1801 NE Lotus Dr. Bend, OR 97701	541-389-0046	N/A	www.cascadesofbend.com/ crystalb@cascaideliving.com	Crystal Brokaw	70	1981	121	Upon request.	Onsite & in-home care agency & assisted living.
Central Oregon Adult Foster Care 1532 NW Jackpine Ave. Redmond, OR 97756	541-548-6631	541-548-5519	www.care.com/b/1/central-oregon-adult-foster-care-llc/re Carlene.irini@gmail.com	Carlene Kitchin	3	2009	5	Call for assessment	Adult foster & senior care.
Fox Hollow Independent & Assisted Living 2599 NE Studio Rd. Bend, OR 97701	541-241-9207	541-383-4979	www.foxhollowbend.com pryan@regency-pacific.com	Paige Ryan	70	2006	71	Upon request.	Full service assisted & independent living.
Juniper Springs Senior Living 590 NW 23rd St. Redmond, OR 97756	541-632-6423	N/A	www.juniperspringssl.com sayhello@juniperspringssl.com	Tanya Basl	0	2018	96	Please call.	Life enrichment, resident grown & wellness plans, culture of caring & more.
Pilot Butte Rehabilitation Regency 1876 NE Hwy. 20 Bend, OR 97701	458-256-0737	541-317-5573	www.regency-pacific.com/senior-living/or/bend/pilot-butte rshire@regency-pacific.com	Robin Shire	45	0	42	Upon request.	Physical, Occupational & Speech therapies. Skilled nursing care. Recovery from surgery, joint replacement, strokes & fractures.
Prairie House Assisted Living & Memory Care Community 51485 Morson St. La Pine, OR 97739	541-536-8559	541-536-1373	www.prairiehousealf.com director@prairiehousealf.com	Love Pearson	47	1999	61	Upon request.	Assisted Living & Memory care units.
Prestige Senior Living High Desert 2660 NE Mary Rose Pl. Bend, OR 97701	541-312-2003	541-312-2011	www.prestigecare.com/find-a-location highdeserted@prestigecare.com	Addie Gould	38	2003	68	Upon request.	Full service assisted living.
Regency Care of Central Oregon 119 SE Wilson Ave. Bend, OR 97701	541-668-7349	541-383-7662	www.cascadeviewnursing.com astone@regency-pacific.com	Amy Stone	45	1969	47	Upon request.	Intermediate care, respite service, Medicaid certified, 24-hr. nursing care, laundry service, 20-bed Alzheimer care unit.
Regency Prineville Rehabilitation & Nursing Center 950 NE Elm St. Prineville, OR 97754	541-233-4290	541-447-6685	www.regency-pacific.com/senior-living/or/prineville/regen lgarber@regency-pacific.com	Lee Garber	45	N/A	36	Avail	Skilled nursing facility. Respite care.
Regency Village at Bend 127 SE Wilson Ave. Bend, OR 97702	541-317-3544	541-330-0121	www.regency-pacific.com/senior-living/or/bend/regency-vil lwilkenfeldt@regency-pacific.com	Luke Wilkenfeldt	44	1999	65	Upon request.	Three home-made meals daily & snacks. All utilities except telephone & basic cable. Weekly housekeeping. Complementary laundry facilities. 24-hour staff. Scheduled transportation.
Regency Village at Prineville 830 NE Elm St. Prineville, OR 97754	541-416-3600	541-416-9293	www.regency-pacific.com/senior-living/or/prineville/regen sfloyd@regency-pacific.com	Samantha Floyd	21	1999	47	Upon request.	Assisted living.
Regency Village at Redmond 3000 SW 32nd St. Redmond, OR 97756	541-923-5452	541-923-0280	www.regency-pacific.com/senior-living/or/redmond/regency- jsturdivant@regency-pacific.com	Jeni Sturdivant	26	1995	45	Upon request.	Assisted living.
Touchmark at Mount Bachelor Village 19800 SW Touchmark Way Bend, OR 97702	541-383-1414	541-383-3434	www.touchmarkBend.com SDN@Touchmark.com	Scott Neil	200	2007	83	Rental, residency deposit.	Full assisted living/ 24 hr staff/ 2 restaurants/ housekeeping/ transportation/ on-site amenities/ licensed memory care/ Partners in Care on site; Awbrey Dental on site/ two full service salons
Whispering Winds 2920 NE Connors Ave. Bend, OR 97701	541-312-9690	541-312-1450	www.whisperingwinds.info carrie@whisperingwinds.info	Carrie Kasch	50	2003	N/A	N/A	Full service independent retirement community.

**CBN has made every effort to ensure that all information is accurate and up-to-date. We cannot, however, guarantee it. Please contact us immediately if you know that certain information is not correct or you would like to be added to a list, 541-388-5665 or email [cbn@cascadebusnews.com](mailto:cbn@cascadebusnews.com).**

Retirement Communities *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Number of Home Sites	Price	Fees	Services
East Cascade Retirement Community, LLC 175 NE 16th St. Madras, OR 97741	541-475-2273	541-475-4230	www.seniorhousinginvestments.net eastcascade@srhousingmngmt.com	John Wakeman	80	2009	2	Varies based on services provided.	Varies based on services provided.	Skilled nursing, memory care, assisted living & independent living
Stone Lodge Retirement 1460 NE 27th Bend, OR 97701	541-318-0450	541-317-9119	www.stonelodgeretirement.com kimberely.blackwell@holidaytouch.com	Jeff Putnam	24	1999	114	\$2,000 & up	N/A	Studio, 1 & 2 bedroom, all utilities except phone, housekeeping, panic button, kitchenette, scheduled trips, TV lounge, billiard room. 3 chef-cooked meals a day. Full activities schedule. Transportation provided. Hospital & medical facilities next door within walking distance. Forum Shopping Center close by. Holiday Travel program included.
The Alexander-Bend 1125 NE Watt Way Bend, OR 97701	541-330-6000	N/A	www.TheAlexanderBend.com generalmanager@alx55.com	Kim Blackwell, Holly Hillenbrand, Teri Cilley	50	2019	136	\$2,650-\$7,995	Varies	55+ all-inclusive resort-style living.
Touchmark at Mount Bachelor Village 19800 SW Touchmark Way Bend, OR 97702	888-231-1113	541-383-3434	www.touchmarkBend.com SDN@touchmark.com	Scott Neil	200	2001	284	\$250,000-\$600,000+	Rental, residency deposit.	Full assisted living/ 24 hr staff/ 2 restaurants/ housekeeping/ transportation/ on-site amenities/ licensed memory care/ Partners in Care on site; Awbrey Dental on site/ two full service salons.
Vintage at Bend 611 NE Bellevue Dr., Ste. 500 Bend, OR 97701	541-617-3985	541-617-5025	www.vintagehousing.com	N/A	2	2005	106	\$665-\$794	\$35.00 tenant screening fee.	Commuting location, on-site hair salon, on-site laundry, exercise facility, billiard room & library/ computer room. On-site massage & activity & social areas.
Whispering Winds 2920 NE Connors Ave. Bend, OR 97701	541-312-9690	541-312-1450	www.whisperingwinds.info	Carrie Kasch	50	2003	116	\$2,350-\$4,650 rent	N/A	Studio, 1 & 2 bedroom apartments, full-service dining, weekly housekeeping & linen, utilities, library, activities on & off-site, transportation services, spa room, fitness center, patio/balcony on each apartment, technology center, beauty/barber shop, private dining room, putting green, gated parking & private garages.

CBN has made every effort to ensure that all information is accurate and up-to-date. We cannot, however, guarantee it. Please contact us immediately if you know that certain information is not correct or you would like to be added to a list, 541-388-5665 or email [cbn@cascadebusnews.com](mailto:cbn@cascadebusnews.com).

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Chiropractors *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Balance Chiropractic, PC 477 NE Revere Ave. Bend, OR 97702	541-383-5156	N/A	www.jimneilson.com	N/A	2	1995	Gentle treatments, spinal massage, applied kinesiology, a balanced approach to better health.
Bemis Chiropractic Clinic 124 NW Second St. Prineville, OR 97754	541-447-1043	541-447-1784	www.bemischiropractic.net	Dr. Jill Bemis, Dr. James Bemis	3	1999	Chiropractic services. Specializing in integrated health care.
Bend We Care Chiropractic Center 932 NE Ninth St. Bend, OR 97701	541-382-8125	541-382-8127	www.bendwecare.com bendwecarechiropracticcenter@gmail.com	Christian K. Schuster	2	1982	Specific spinal reconstructive care, sports injuries & athletic performance enhancement.
Bend Whole Health Family Chiropractic 354 NE Norton Ave., Ste. 100 Bend, OR 97701	541-389-1191	541-389-1972	www.bendwholehealth.com mgr@bendwholehealth.com	Dr. Daniel Bourque	7	1995	Soft tissue & manual therapies, activator adjusting, nutritional counseling, automobile injuries, massage therapy, weight loss.
BodyWise Chiropractic 707 SW Ninth St. Redmond, OR 97756	541-548-5089	541-504-5353	www.redmondchiro.com bodywisecdc@gmail.com	Dr. Michael Wise, Dr. Laura Gardiner	7	1990	Featuring Graston technique, massage & manual manipulation.
Butler Chiropractic 537 SW Seventh St. PO Box 2294 Redmond, OR 97756	541-548-0125	541-548-0323	www.activator.com butlerdc@uci.net	Dr. David C. Butler	2	1991	Non-force chiropractic care utilizing activator methods technique, soft tissue work, nutritional support & low level laser therapy. Practices in Bend on Thursdays.
Cascade Chiropractic Center 477 NE Greenwood Ave. Bend, OR 97701	541-382-8866	541-323-2949	www.bend-oregon-chiropractor.com cascadechiro@gmail.com	Jim I. Wilkens	4	1981	Sports physician-certified utilizing numerous adjusting techniques & physiotherapy for spinal & extremity conditions.
Chiropractic Associates 117 NW Larch Ave. Redmond, OR 97756	541-548-4014	541-548-0544	chiropractic.associates Clinic@Chiropractic.Associates	Dr. Michael Thille, Dr. Rodney Cross	6	1986	Manual medicine including varied adjusting techniques, physiotherapy modalities, exercise prescription & massage therapy.
Elk Ridge Chiropractic & Wellness Center 424 NE Franklin Ave. Bend, OR 97701	541-388-3588	541-388-0839	www.thebendchiropractor.com elkridgechiropractic@gmail.com	Dr. Natasha Ruegsegger	9	1986	Personal injury, gentle chiropractic services, lifestyle nutrition, sports medicine & veterinary orthopedic.
Falling Waters Injury & Health Management 55 NW Wall St., Ste.100 Bend, OR 97703	541-389-4321	541-389-4420	www.fallingwaterscenter.com amanda@fallingwatersbend.com	Amanda Guy	40	2007	Specializing in auto injuries, work comp injuries, aquatic therapy, sports, post surgical & functional & strength rehabilitation of the back, neck, shoulder & knee. Also chiropractic, physical therapy, massage & nutritional counseling.
Freedom Wellness Center 2940 NW Terra Meadow Dr. Bend, OR 97703	541-389-0263	541-389-0676	drpamcobbs@yahoo.com	Dr. Pam Cobbs, Dr. Jeff Cobbs	7	2005	Chiropractic care, cranial chiropractic, massage therapy, nutrition, wellness talks & wellness coaching.
Hanes Chiropractic Wellness Center 446 NW Third St. Ste. 200 Prineville, OR 97754	541-447-7230	541-447-5775	www.center4wellness.com	Coby L. Hanes	4	1995	Complete Chiropractic Wellness Center including: gentle chiropractic adjustments, mechanical flexion/distraction for disc problems, cold wave laser, massage therapy, nutritional & herbal medicine, discounted labs, Allergy treatment & Detox.
HealthSource of Redmond 605 NW Sixth St. Redmond, OR 97756	541-548-4086	N/A	www.healthsourcechiro.com/redmond/#gref	Eric B. Hayden	3	1991	Chiropractic care, manual medicine, physical therapy, exercise & rehab.
High Desert Chiropractic Clinic 1551 NE Fourth St. Bend, OR 97701	541-389-9373	541-388-0650	www.highdesertchiro.com hdchiro@gmail.com	Dr. Joshua Kuhn, Dr. Brandi Kuhn	8	1994	Holistic healthcare for the whole family, certified chiropractic sports physician, nutritional, exercise & massage therapy.
Madras Chiropractic Clinic 28 NE 12th St. Madras, OR 97741	541-475-6171	541-475-6172	www.mullinsmadraschiropractic.com mmm4ecc@yahoo.com	Dr. Mark M. Mullins	1	1978	Manual manipulation of the spine & extremities, physical therapy equipment, massage therapy, x-ray facilities & specializing in chiropractic orthopedics.
McCleery Chiropractic Health Centre PC 61573 Orion Dr. Bend, OR 97702	541-389-7103	N/A	www.drmmcleery.com mccleeryoffice@bendtel.net	Dr. Daniel McCleery	2	1977	Care for many types of conditions, scoliosis screening & care, auto accident cases, computerized insurance billing, treat patients of all ages, workers compensation & private insurance.
Michael D Tobey, DC 141 NW Greenwood, Ste. 101 Bend, OR 97703	541-383-2185	541-388-2606	www.drtohey.com	Dr. Michael D. Tobey	5	1991	Chiropractic. Spinal adjustments. Find it, fix it, leave it alone.
NorthWest Crossing Chiropractic & Health Center 628 NW York Dr., Ste. 104 Bend, OR 97703	541-388-2429	541-388-2439	www.nwxhealth.com nwxhealth@gmail.com	Erica Staehle	4	2003	Chiropractic Care: Jordan T. Doi MS, DC, CCSP, Theresa Rubadue-Doi DC, CCSP, Erica Staehle MS, DC. Acupuncture: Steven A. Foster-Wexler LAc. Massage: Cinda Strauch LMT. Naturopath: Laura Staver ND.
Pangea Chiropractic 409 NE Greenwood Ave., Ste. 120 Bend, OR 97701	541-728-0954	541-728-0956	pangeachiropractic.com info@pangeachiropractic.com	Dr. Ashely Campbell, Dr. Andrew Torchio	10	2013	Specializing in corrective chiropractic care with a mission to help families achieve their true innate health potential & save lives in our community.
Redmond Wellness & Chiropractic 1655 SW Highland Ave., Ste. 6 Redmond, OR 97756	541-923-2019	855-279-8333	www.redmondwellness.com rwc.clinic@gmail.com	Katie Burford, Adam Mazzaferro	5	1999	Hands-on spinal manipulation & other chiropractic techniques. Therapeutic massage. Softwave regenerative therapy.
Ries & McClain Chiropractic Center 711 NE Irving Ave. Bend, OR 97701	541-388-0496	N/A	N/A	Dr. McClain	3	1981	Family chiropractic care. Treatment is a non-force adjustment using an instrument (activator) that gives a quick thrust to the vertebrae.
Slater Chiropractic 240 NW Claypool St. Prineville, OR 97754	541-447-6627	541-447-6193	www.slaterchiropractic.com chris@slaterchiropractic.com	Paul J. Slater	12	1996	General chiropractic services.
Snow Creek Chiropractic & Natural Health Center 152 N Larch St. PO Box 1896 Sisters, OR 97759	541-549-0624	541-549-3565	drivot@outlawnet.com	Irv Givot	1	1992	Light force adjustment, laser-assisted kinesiology, bio-cranial therapy, supplements, herbs & botanical remedies, treatment of chronic disease & herbal & nutritional therapy.
Sport + Spine 347 NE Kearney Ave. Bend, OR 97701	541-383-4585	541-383-9092	www.sportandspinebend.com info@sportandspinebend.com	Dr. Bradley Pfeiffer	5	1999	Specializing in treatment of automobile accident & on the job injuries, preferred provider for most insurance, corporate health workshops/lectures.
Teicheira Chiropractic 198 SE Third St. Bend, OR 97702	541-383-3101	541-383-3101	www.teicheirachiropractic.com teichdc@gmail.com	Dr. Todd Teicheira, Dr. Christine Teicheira	2	1991	Chiropractic health care, certified animal chiropractor, Diplomat Gonstead Specific technique.
Three Sisters Chiropractic Clinic 270 S Spruce St. Sisters, OR 97759	541-549-3583	Same as phone	www.threesisterschiropractic.com staff@threesisterschiropractic.com	Dr. David Angell	3	1991	Chiropractic care, pain relief, exercise therapy & postural correction.

**CBN has made every effort to ensure that all information is accurate and up-to-date. We cannot, however, guarantee it. Please contact us immediately if you know that certain information is not correct or you would like to be added to a list, 541-388-5665 or email [cbn@cascadebusnews.com](mailto:cbn@cascadebusnews.com).**

# Second Annual Health & Wellness Fair Welcomes All

Mosaic, VIM & Deschutes County Health Services  
Co-Host September 22 Community Event

by BRIDGET MCGINN, Communications Manager — Mosaic Community Health

In celebration of Welcoming Week 2024, three local organizations are bringing back the popular Health and Wellness Fair to be held Sunday, September 22 from 11am-3pm at Ponderosa Park (225 SE 15th St.) in Bend. Mosaic Community Health, Volunteers in Medicine and Deschutes County Health Services are co-hosting the second annual outdoor event to welcome immigrant, refugee, Latino and other community members and provide easy access to useful information for improving health and well-being.

“We aim to improve the health and wellness of community members who are most affected by health disparities and inequities,” said Shana Falb, Community Partnerships and Engagement, Deschutes County Health Services. “The event showcases vetted healthcare providers and social service organizations to improve community access and ultimately reduce those health inequities.”



PHOTO | COURTESY OF MOSAIC

Welcoming Week will take place September 8-17 citywide, with events that celebrate inclusivity and belonging in Bend. The City of Bend became a Welcoming City in 2017 and participates in this national event every year. Welcoming Cities are guided by the principles of inclusion and creating communities that prosper because everyone feels welcome, including immigrants and refugees. This year’s national Welcoming Week theme is *We’re All In* — a call to come together as individuals and as groups, celebrate our strengths and differences, and recognize that we’re at our best when We’re All In.

The Health and Wellness Fair aims to increase awareness of where Central Oregon community members can receive medical and pregnancy-related healthcare, social services, vaccine education and other care addressing social determinants of health. In addition, the event will provide on-site health services such as emergency dental care, blood pressure checks and education on hypertension, diabetes and more.

“A key obstacle to improved health outcomes for Latino and other immigrant community members is access to information, including where and how to access health services and providers,” said Jason Villanueva, Mosaic Spanish communications coordinator. “Our goal is to bring people together and ultimately improve the health and wellness of some of our community’s most vulnerable members.”

The event will also offer activities such as group classes facilitated in Spanish, free nutritious food from a local vendor and fun health education activities for children and families. Interpretation services in multiple languages will be provided for any community member to access, and most participating vendors will have bilingual staff available.

To help the event grow this year, the organizers reached out to area businesses and organizations for sponsors, which include Pacific Source Community Solutions, St. Charles Foundation, City of Bend, Deschutes County Health Services and Bigfoot Beverages.

**About Welcoming Week:**

Welcoming Week is an annual campaign and celebration to showcase the movement of communities striving to be more welcoming places for all, including immigrants. Launched in 2012 by Welcoming America and its members, Welcoming Week provides individuals and communities the opportunity to proclaim welcoming values through events and local initiatives that foster mutual understanding between immigrants and non-immigrants, as well as deeper belonging for all. Learn more about the national campaign at [welcomingamerica.org](http://welcomingamerica.org). Learn more about the City of Bend’s Welcoming Week at [bendoregon.gov/events/welcoming-week](http://bendoregon.gov/events/welcoming-week)

[MosaicCH.org](http://MosaicCH.org)



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**CASCADE BUSINESS NEWS**

Dentists *(Listed Alphabetically)*

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Alpine Dental 2078 NE Professional Ct. Bend, OR 97701	541-382-2281	541-382-1610	www.alpinedentalbend.com	Branden R. Ferguson Taylor M. Bybee	7	1998	General dentistry.
Awbrey Dental Group 965 SW Emkay Dr., Ste. 100 Bend, OR 97702	541-383-0754	541-383-8128	www.awbreydental.com hello@awbreydental.com	Dr. John Luke Covalt, Dr. Mark Builder, Dr. Peter Yonan, Dr. Christopher Primley	22	1994	General dentistry, implants & cosmetic dentistry.
Bend Dental Group 901 NW Carlon Ave., Ste. 1 Bend, OR 97703	541-389-1884	541-330-1461	www.benddentalgroup.com smile@benddentalgroup.com	Dr. Tyler Schultze, Dr. Katherine Stahrr, Dr. Jeff Johnson	14	2003	General dentistry.
Bend Family Dentistry 660 NE Third St., Ste. 3 Bend, OR 97701	541-389-1880	541-389-1114	www.bendfamilydentistry.com marcie@bendfamilydentistry.com	Marcie Willman	40	1994	General dentistry, specializing in cosmetic dentistry, Invisalign, IV sedation, TMJ treatment, sleep apnea (Vivos) & dental implants.
Bluebird Oral Surgery 1893 NE Neff Rd. Bend, OR 97701	541-382-7981	541-389-6953	www.bluebirdoralsurgery.com info@bluebirdoralsurgery.com	Dr. Mark Schlam, Dr. Amir Azari, Dr. Garrett Welch	12	2001	Oral & maxillofacial surgery.
Bluefish Dental & Orthodontics 2565 NE Butler Market Rd. Bend, OR 97701	541-317-1887	541-678-5122	www.bluefishdental.com info@bluefishdental.com	Dr. Catherine Quas, Dr. Donna Quinby	23	2004	Pediatric dentistry & orthodontics.
Bluefish Dental & Orthodontics - Redmond 1429 SW 15th Redmond, OR 97756	541-923-1300	541-504-1325	www.bluefishdental.com info@bluefishdental.com	Dr. Donna Quinby, Dr. Catherine Quas	23	2005	Pediatric dentistry & orthodontics.
Brandon Turley, DMD 708 W Antler Ave. Redmond, OR 97756	541-548-5105	541-548-5746	www.dentistsredmondor.com turleydmd@yahoo.com	Dr. Brandon Turley	5	2013	General & family dentistry.
Brian G. Kallus 16440 Third St. La Pine, OR 97739	541-536-2175	541-536-1206	N/A	Dr. Brian G. Kallus	3	1975	General & preventative dentistry.
Caldera Dental Group 2727 SW 17th Pl. Redmond, OR 97756	541-548-3896	541-548-1859	www.calderadentalgroup.com info@calderadentalgroup.com	Christopher Primley	11	1995	General dentistry.
Cascade Endodontic Group 1590 NE Williamson Blvd. Bend, OR 97701	541-388-1500	541-388-6995	www.cascadeendodontics.com	Dr. Daniel Bitner, Dr. Patricia Paparcuri	6	2013	Endodontics.
Cascadia Family Dental 361 NE Franklin Ave., Bldg. D Bend, OR 97701	541-382-5678	541-382-5678	dentistinbendoregon.com stevenetimmmd@bendbroadband.com	Dr. Jared Adams	7	1978	General dentistry.
Central Oregon Dental Center 1563 NW Newport Ave. Bend, OR 97703	541-389-0300	541-330-9753	www.centraloregondentalcenter.net codental@bendbroadband.com	Michael R. Hall	5	1999	General dentistry.
Central Oregon Perio, PC 1569 SW Nancy Way, Ste. 3 Bend, OR 97702	541-317-0255	541-317-0355	www.centraloregonperio.com gumdoc@centraloregonperio.com	Dr. Nicholas W. Misischia	5	1992	Periodontist.
Contemporary Family Dentistry 1016 NW Newport Ave. Bend, OR 97701	541-389-1107	541-317-5958	www.contemporaryfamilydentistry.com	Jessica A. Henderson	6	1985	General dentistry, TMJ & sleep appliances to general & cosmetic dentistry.
Deschutes Dental Center 159 SW Shevlin Hixon Dr. Bend, OR 97702	541-317-1300	541-317-1351	www.freemansmiles.com	Dr. Phillippe Freeman	6	2001	General dentistry with specialty in cosmetics.
Deschutes Pediatric Dentistry 400 SW Bond St., Ste. 100 Bend, OR 97702	541-389-3073	541-389-9642	www.deschuteskids.com info@deschuteskids.com	Stephanie Woolsey, Ashley Swan, Stephanie Christensen, Steve Christensen	30	2005	Pediatric dentistry. Additional locations at 400 SW Bond St., Ste. 100, Bend, 2357 NE Conners Ave., Ste. 210, Bend & 3818 SW 21st St., Ste. 102, Bend.
Everson, Greg DMD, PC 491 E Main St. PO Box 10 Sisters, OR 97759	541-549-2011	541-549-4787	dr.everson@bendbroadband.com	Dr. Greg Everson	6	1986	General & family dentistry.
Gilmore Dental 834 SW 11th St., Ste. 2 Redmond, OR 97756	541-504-5707	541-504-0415	www.gilmoredental.com info@gilmoredental.com	Amy Remick	9	2007	General dentistry.
Greenwood Dental Care 906 NE Greenwood Ave., Ste. 1 Bend, OR 97701	541-382-4848	541-617-9530	www.greenwooddentalcare.com info@greenwooddentalcare.com	Dr. Ken M. Shirtcliff	7	1999	General dentistry.
Greg M. Lee, DMD PC 515 NE Fourth St., Ste. H Bend, OR 97701	541-382-0414	541-382-9469	www.gregmlee.com	Dr Greg M. Lee	3	2006	General & family dentistry.
Highland Family Dental 1332 SW Highland Ave., Ste. 1 Redmond, OR 97756	541-504-3322	541-504-4346	www.highlandfamilydmd.com jparsley2@gmail.com	Dr. Tony Parsley	12	2010	General dentistry including: root canal therapy, cosmetic procedures, extractions & dentures.
James V. Bachman DMD 535 NE Greenwood Ave. Bend, OR 97701	541-388-0777	541-388-5140	www.jbachmandental.com	Dr. James V. Bachman	7	1994	General dentistry.
Jay Gronemyer, DMD 1553 NW Canal Blvd., Ste. 101 Redmond, OR 97756	541-923-2880	541-923-2881	jaygronemyerdmd.com	Dr. Jay Gronemyer	5	2012	General dentistry, cosmetic dentistry.
Juniper Dental 461 NE Greenwood Ave., Ste. C Bend, OR 97701	541-318-1564	541-318-5229	www.juniperdental.com frontdesk@juniperdental.com	Dr. Chad Stephenson	5	2008	General dentistry.
Krueger & Lenox Oral & Maxillofacial Surgery 1475 SW Chandler Ave., Ste. 101 Bend, OR 97702	541-617-3993	541-617-0030	www.drkeithkrueger.com info@kruegerlenox.com	Dr. Keith E. Krueger, Dr. Nathan Lenox	11	2000	Oral & maxillofacial surgery.
Krueger & Lenox Oral & Maxillofacial Surgery - Eastside Office 1475 NE Williamson Blvd Bend, OR 97701	541-382-1053	N/A	www.drkeithkrueger.com	Keith E. Krueger, Nathan Lenox	10	1997	Oral & maxillofacial surgery.
Krueger & Lenox Oral & Maxillofacial Surgery- Westside Office 1475 SW Chandler Ave., Ste. 101 Bend, OR 97701	541-617-3993	541-617-0030	www.drkeithkrueger.com	Keith E. Krueger, Nathan Lenox	10	1997	Oral & maxillofacial surgery.
La Pine Dental 51384 Hwy. 97 La Pine, OR 97739	541-536-2110	541-536-2093	www.lapine-dental.com whitneyleifarra.lapinedental@gmail.com	Stephen W. Allen	9	1981	General dentistry.



Dentists *(Listed Alphabetically)*

▶ CONTINUED FROM PAGE 32

Company / Address	Phone	Fax	WebSite/Email	Contact	Staff	CO Year Est.	Services
Lisa Adams General Dentistry 155 SW Century Dr., Ste. 102 Bend, OR 97702	541-382-7708	541-382-1139	ladamsdmd@bendbroadband.com	Lisa A. Adams	5	2000	General dentistry.
Masters of Dentistry 628 NW York Dr., Ste. 101 Bend, OR 97701	541-389-2300	541-389-2301	www.mastersofdentistry.net laura@mastersofdentistry.net	Dr. Tad Hodgert	4	1974	General & implant dentistry.
Nordstrom, Marc A. DMD, PC 108 NW Newport Ave. Bend, OR 97703	541-382-0823	541-385-8665	nordstrom@bendcable.com	Dr. Marc Nordstrom	22	1970	General dentistry.
Oak Street Dental 376 NE Oak St. Madras, OR 97741	541-475-6156	541-475-6157	osd@bendbroadband.com	Dr. Adam Zangrillo	4	2005	General dentistry.
Optimal Orthodontics 710 SW Highland Ave. Redmond, OR 97756	541-923-7432	541-550-1820	www.optimalorthodontics.com	Dr. Scot Burgess	6	1995	Orthodontics for children & adults.
Pilot Butte Dental 1909 NE Neff Rd. Bend, OR 97701	541-382-3523	541-382-8129	www.pilotbuttedental.com pilotbuttedental@yahoo.com	Dr. John Wiley	5	2000	General dentistry.
PNW Dental 499 SW Upper Terrace Dr., Ste. B Bend, OR 97702	541-323-3930	541-323-3929	dentist-bend.com info@dentist-bend.com	Matthew Pavlovich	5	2015	Cosmetic smile makeover & general dentistry, implants, crowns, emergencies, orthodontics, sedation dentistry.
Ponderosa Dental Center 2088 NE Williamson Ct. Bend, OR 97701	541-640-5234	541-382-1217	www.ponderosadentalcenter.com info@ponderosadentalcenter.com	Joshua Prentice	8	2017	General dentistry.
Prineville Dental 601 NW Third St. Prineville, OR 97754	541-447-4888	541-447-4686	www.prinevilledental.com wkmclure@hotmail.com	Dr. Paul Fairbanks	5	1980	General dentistry.
PureCare Dental 80 NE Bend River Mall Dr., Ste. 105 Bend, OR 97703	541-647-5555	541-647-5554	www.purecaredental.com info@purecaredental.com	Dr. Eric M. Cadwell, Dr. Emily Richard	18	2010	Family dentistry - adults & children, cosmetic dentistry, smile makeovers, porcelain veneers, implants, wisdom tooth extractions, orthodontics & teeth whitening.
Redmond Dental Group 1765 SW Parkway Dr. Redmond, OR 97756	541-548-8175	541-548-7025	www.redmondentalgroup.com	Dr. Dane Smith, Dr. Max Higbee	19	1971	General dentistry.
River Park Family Dentistry 155 SW Shelvin Hixon Dr. Bend, OR 97702	541-382-0392	541-383-7170	www.riverparkfamilydentistry.com	Dr. Ben Grieb	9	2004	Family & cosmetic dentistry.
Rockpoint Dental 2300 SW Glacier Place Redmond, OR 97756	541-923-4577	541-923-8677	www.rockpointdental.com frontdesk@rockpointdental.com	Dr. Chad Stephenson	5	2002	General dentistry.
Rosenzweig Orthodontics - Bend 502 NE Fourth St. Bend, OR 97701	541-382-6822	541-382-1263	www.centraloregonortho.com str8bite@bendcable.com	Dr. Brian J. Rosenzweig	9	1975	Orthodontics.
Rosenzweig Orthodontics - Redmond 646 Rimrock Way Redmond, OR 97756	541-382-6822	N/A	www.centraloregonortho.com str8bite@bendcable.com	Dr. Brian J. Rosenzweig	9	1975	Orthodontics.
Select Care Dental 774 SW Rimrock Way Redmond, OR 97756	541-923-7633	541-923-8733	www.selectcaredental.com office.selectcare@gmail.com	Mark T. Nuttall, Jared R. Anderson	16	1996	General dentistry, cosmetic dentistry & implants.
Shevlin Dental Center 910 SW Simpson Ave. Bend, OR 97702	541-382-8575	541-382-8681	www.shevlindental.com info@shevlindental.com	Dr. David Cauble, Dr. Christopher Huff	12	1971	General dentistry.
Skyline Dental 2137 NE Fourth St. Bend, OR 97701	541-389-4807	541-385-6883	www.skylinedentalbend.com info@skylinedentalbend.com	Dr. Maureen Porter, Dr. Mehdi Salari, Dr. Zack Porter, Dr. Natalie Buckley, Dr. Thomas Bordieri	28	1976	General dentistry.
Studio Nine 30 930 SW Yates Dr. Bend, OR 97702	541-317-9381	541-317-5038	www.studionine30.com smile@studionine30.com	Dr. Matthew B. Engel	4	1994	State of the art restorative, cosmetic & preventative dentistry.
The Brace Place, Central Oregon Orthodontic Specialists 2357 NE Connors Ave., Ste. 201 Bend, OR 97701	541-382-0410	N/A	www.centraloregonbraceplace.com BracePlace@CentralOregonBracePlace.com	Dr. Neil Wiater, Dr. David Kang	13	1985	Orthodontics, Invisalign preferred provider, complimentary consultations, free custom mouthguards year-round to all Central Oregon athletes.
Timm Family Dentistry 375 NE Emerson Ave. Bend, OR 97701	541-382-1991	541-330-9095	www.timmfamilydentistry.com info@timmfamilydentistry.com	Dr. Jeffrey Timm, Dr. Andrew Timm, Dr. Ryan Timm	14	1981	General dentistry.
West River Dental 701 NW Arizona Ave., Ste. 100 Bend, OR 97703	541-317-5732	541-388-9248	westriverdentist.com westriverdental02@yahoo.com	Dr. Dennis Holly	4	1999	General family dentistry.
Zooka! Super Tooth Care for Kids 1245 SE Third St., Ste. A-1 Bend, OR 97702	541-318-5688	541-322-5581	www.zookadental.com teamzooka@zookadental.com	Dr. Rex Gibson	11	2000	Specialized care for infants, children & young adults & special needs: emphasis on prevention & education.

**CBN has made every effort to ensure that all information is accurate and up-to-date. We cannot, however, guarantee it. Please contact us immediately if you know that certain information is not correct or you would like to be added to a list, 541-388-5665 or email [cbn@cascadebusnews.com](mailto:cbn@cascadebusnews.com).**

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# The Great Wealth Transfer

## Are You Ready?

by **BOB REININGER, AIF, CIMA | Wealth Advisor — Bend Wealth Advisors**

It may not seem like it now, but there's a big economic shift coming our way. Over the next ten to 20 years, tens of trillions will be transferred to Gen X and Millennials. That money can basically go three places: the government via taxes, charity or to people.

The trouble is, unearned money can be difficult to handle, and most people aren't ready to receive it.

Let's talk about what you should be doing to plan, or equally important, what you should avoid after an inheritance arrives.

### Four Ways to Unintentionally Shrink Your Inheritance

#### 1. Not having a steady financial foundation

While it may seem like inheriting money would solve most financial problems, it often magnifies existing habits. Do you have the skills to manage this money? If you regularly carry a balance on your credit cards, avoid checking account balances, or lack a clear understanding of your discretionary income, adding more money won't change those habits.

It's natural to want to improve your lifestyle when money comes in. But unchecked spending can quickly deplete your wealth. Without a budget and an emergency fund, it's easy to lose track and find yourself back where you started — or worse.

#### 2. Taking risks without doing the math

What do boats, timeshares, unnecessary financial products and your neighbor's investment opportunity all have in common? They can all seem like great ideas at first, but without calculating the true cost, they can squeeze more money out of you than you intended.

The problem with receiving a windfall is that there are so many ways to let it slip through your fingers. Some of the biggest regrets we've seen over the years stem from choosing investments that don't align with your values and goals.

For example, some life insurance policies can be a powerful way to transfer wealth between generations in a tax-efficient manner. However, it's crucial to understand the policy details, including premiums, coverage limits, and potential returns. Without this knowledge, you might end up with a policy that costs more than it benefits your heirs.

#### 3. Putting off retirement planning

Retirement age sneaks up on you fast, and expecting an inheritance isn't a financial plan.

Retirement planning is more than just deciding when to stop working and saving money. You need to think about how you'll withdraw funds, manage taxes, and cover big expenses.

Without a tax strategy, an inheritance can lead to a hefty tax bill. Most non-spouse beneficiaries have to withdraw all funds from an inherited IRA within 10 years. If you haven't used tax-sheltered accounts, you have less time to benefit from them.

Counting on an inheritance to get you through retirement can be risky. Unexpected expenses, lower-than-expected inheritances, and other surprises can pop up. That's why having a solid retirement plan is crucial.

#### 4. Forgetting your own estate plan

Sure, you just inherited this money, but life comes at you fast, and it could pass on to your own heirs just as quickly.

Neglecting to create a will or trust is like leaving a puzzle for your loved ones — with missing pieces. Without proper planning, your assets may not go where you intend, and your family could face unnecessary taxes and legal battles.

Consider Prince, the musician who died without a will. His estate, worth millions, became a lengthy and costly legal battle, reducing the inheritance due to fees and taxes.

Not having an estate plan can lead to expensive probate costs for your heirs. Shockingly, 68% of Americans lack a will, leaving their families vulnerable<sup>1</sup>.

Having a plan ensures your assets are distributed according to your wishes and minimizes the financial burden on your loved ones. It helps provide clarity for both you and your heirs.

### How to Prepare for an Inheritance

**1. Become a Student of Finance:** Learn about investments, taxes, and estate planning. Knowledge is power — and in this case, wealth.

- Practice delayed spending: Learn how to save and prepare for big purchases.
- Understand financial concepts: Get a clear understanding of capital gains, step-up in basis, and realized losses.
- Plan for your money: Allocate your funds wisely. Set clear goals and define your long-term financial objectives. Consider how an inheritance will impact different areas of your financial life.

**2. Avoid Hasty Decisions:** Take a breath and think carefully before making any major financial moves. Rushed decisions can lead to costly mistakes.

#### 3. Get Your Affairs in Order:

- Update beneficiaries: Ensure your existing accounts have beneficiaries listed.
- Create essential documents: Draw up a will, power of attorney, and advanced health directive.
- Simplify for the next generation: Prepare the next generation to receive the money easily. If you have multiple bank accounts, consider consolidating them.

#### 4. Have a Forward-Looking Estate Tax Plan:

- Assess your future income: Think about what your income will look like when you inherit.
- Consider the types of assets: Will you receive property, qualified accounts, or highly appreciated assets? Plan how to manage these assets effectively.
- Review your tax shelter strategy: Decide whether to contribute to pre-tax or Roth accounts based on your current and future tax situation.
- Plan for highly appreciated assets: Consider the different options like placing these in a donor-advised fund or passing them to future generations to manage tax implications.
- Anticipate increased expenses: If you inherit a property meant to stay in the family, consider the costs of maintaining it.

**5. Build a Professional Team:** Seek guidance from experienced experts. Consult a CPA, estate attorney, or financial advisor to create a solid plan.

Remember, the goal isn't to expect or rely on an inheritance, but to be ready if it happens while building a strong financial foundation of your own.

If you'd like some help getting your plan together or just want to chat about your financial to-do list, please reach out. My team and I are here to help.

#### Sources and Disclosures:

1. [theconversation.com/68-of-americans-do-not-have-a-will-137686](https://theconversation.com/68-of-americans-do-not-have-a-will-137686)

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# Index Investing with a Twist:

## How Customization Can Add Some Zest

by DAVID ROSELL — Rosell Wealth Management

Since 2003, I've been singing the praises of index investing through Exchange Traded Funds (ETFs) — and trust me, it's not just because I love a good acronym. After all these years, I'm still a big fan, and here's why:

**Lower Costs:** Index funds are like the Costco of investing — great value with fewer markups. Lower expense ratios mean more of your money stays invested.

**Diversification:** Think of index funds as the ultimate sampler platter, offering broad market exposure and reducing the risk of putting all your eggs in one stock basket.

**Simplicity:** No need to play the stock market guessing game. Index investing is the “set it and forget it” approach, saving you time and stress.

**Transparency:** With index funds, what you see is what you get. They regularly disclose their holdings, so you always know exactly where your money is going.

**Tax Efficiency:** Less turnover means fewer tax surprises. Index funds are like that thoughtful friend who never forgets your birthday — and works to save you money.

**Predictability:** The performance of the fund will likely be similar to the performance of the underlined index

But here's the twist: the only constant in life is change. As your account values hit new highs and your financial situation evolves — like after selling a business — it might be time to consider a shift from a passive index strategy to something more tailored. This doesn't mean you're turning your back on the virtues of index investing. Instead, it's about recognizing that when you reach certain milestones, customization can offer some pretty compelling benefits. Let's take a look.

### The Magnificent 7: When Market Concentration Becomes a Concern

Let's talk about the “Magnificent 7” — no, not the movie, but the seven companies that have become the superheroes (and maybe the supervillains) of the S&P 500. Apple, Amazon, Google (Alphabet), Meta, Microsoft, Nvidia, and Tesla have driven a huge chunk of the index's returns lately. If you're invested in the S&P 500, a lot of your gains are tied to just these seven companies. The problem? While these giants are flying high, many of the other 493 stocks in the index aren't exactly winning any popularity contests. This means your portfolio might be riding on the coattails of a few stars while the rest of the market is a bit of a mixed bag.

### Tax Loss Harvesting: Making Lemonade from Market Lemons

If you've been investing in the S&P 500 over the past decade, you've likely enjoyed some sweet gains. But here's the catch: with the index's steady climb, it's become harder to find opportunities to sell at a loss for tax benefits. Enter the customized portfolio, where you can cherry-pick individual stocks. By doing so, you can strategically sell off those underperformers, harvest the losses, and offset gains elsewhere. It's like making lemonade out of the market's lemons, which can be especially tasty in those high-growth periods when the broader index is cruising.

### Sector Tilts and Social Responsibility: Investing with a Conscience (and a Strategy)

Index funds are great, but they're also a bit like a buffet — you get a little bit of everything, whether you want it or not. If you're passionate about, say, renewable energy or ESG (Environmental, Social, and Governance) investing, a customized portfolio lets you load up on the good stuff. Want more clean energy in your portfolio? Go for it. Care about social responsibility? You can tilt your investments to align with your values. Customization gives you the power to put your money where your heart (and strategic mind) is.



### Municipal Bonds and Interest Rate Risk: Keeping It Steady

When it comes to fixed income, nothing says “steady” like a municipal bond held to maturity. These bonds offer tax-free income and can be a safe haven from the storm of rising interest rates. While other bond investors might be sweating over market value declines, you can kick back knowing that your principal and interest payments are locked in. A customized approach lets you handpick bonds that fit your tax and income needs, providing reduced risk in your portfolio.

### Fees vs. Net Returns: The True Cost of Investing

Yes, actively managed accounts often come with higher fees than index funds. But here's the thing — what really matters is your net return after taxes and fees. If you're at a point where customization can lead to better tax efficiency, targeted sector exposure, or tax-free income, those higher fees might just be worth it. The goal isn't to pay the least — it's to make the most after everything is said and done.

### Conclusion: The Case for Customization

Index investing is a great strategy, but if you've got a larger portfolio or specific financial goals, a managed account could offer some extra perks. Whether it's more tailored risk management, better tax efficiency, or alignment with personal values, a customized approach can provide tools that broad index funds might miss. So, if you're looking to maximize your after-tax returns and meet your unique financial objectives, it might be time to consider adding a little customization to your investment mix.

David Rosell is the President of Rosell Wealth Management in Bend. RosellWealthManagement.com. He is the author of three books. Find David's books at local bookstores, Amazon, Audible as well as Redmond Airport. Investment advisory services offered through Valmark Advisers, Inc. an SEC Registered Investment Advisor Securities offered through Valmark Securities, Inc. Member FINRA, SIPC 130 Springside Drive, Ste 300 Akron, Ohio 44333-2431. (800) 765-5201. Rosell Wealth Management is a separate entity from Valmark Securities, Inc. and Valmark Advisers,

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**Brenna Fulks**

**Economic Development for Central Oregon (EDCO)** announces the appointment of **Brenna Fulks** as the new Jefferson County Director, effective October 1, 2024.

In this role, Fulks will support EDCO's mission of fostering a diversified local economy and a strong base of middle-class jobs. Her primary responsibilities will include guiding employers through the relocation process of moving to Jefferson County, managing and administering incentive programs and working closely with existing local traded-sector companies to help them grow and thrive.

Fulks is a seasoned community and economic development professional with a deep-rooted passion for revitalizing rural communities. Prior to joining EDCO, Fulks served as the deputy executive director for a three-county economic development district in western Montana. Her unique experience and perspective and deep commitment to rural communities will be invaluable in her new role.

Fulks' previous roles include serving as the economic development lead for the City of Forest Grove, Oregon, and working as an independent consultant providing support to Humboldt County, California during the onset of the COVID-19 Pandemic. She also served as executive director of the Klamath Falls Downtown Association (KFDA), where she focused on community development and marketing.

Fulks holds an MBA with an emphasis in marketing and is eager to leverage her skills and experience to drive economic growth in Jefferson County.

and raised in Florida, he moved to Bend to pursue his love for snowboarding and decided to make it his permanent home in 1994.

**Bethlehem Inn** recently announced that its Board of Directors has elected two new board members: **Erika McCalpine** and **Scott Nelson**. The Board of Directors is led by Rev. Dr. Steven Koski (lead pastor at First Presbyterian Church) as president, Kevin Link (director of preconstruction at SunWest Builders) as secretary and vice-president and Melissa Williams (executive director with EveryChild Central Oregon) as treasurer.

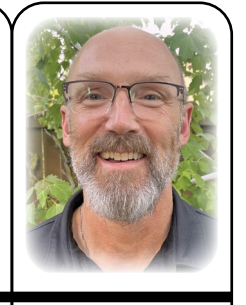
The Inn staff and board would also like to acknowledge outgoing board members: Tammy Baney (vice president) for her years of advocacy and community service on the board.

McCalpine served as the senior director of equity, people and culture at Espousal Strategies, LLC. Prior to joining Espousal, McCalpine was the chief equity officer for the Oregon Department of Transportation. McCalpine has also served as faculty at Oregon State University - Cascades, and her beloved alma mater, the University of Alabama (Roll Tide!). McCalpine earned her bachelor's degree from the University of Alabama in business management, and her master's in management with concentrations in organizational behavior and human resources from the same institution. McCalpine devoted almost ten years of her career to teaching in academia, but has transferred to the private sector. With that transition, McCalpine still has a strong desire to share her knowledge and experience so she teaches psychology courses online for Southern New Hampshire University. McCalpine is a Society of Human Resource Management -Senior Certified Professional (SHRM-SCP). When McCalpine has spare time, she enjoys binge watching good television shows and spending time with her two children.

Nelson comes to the board with over 20 years of healthcare experience. As the director of imaging service lines for St. Charles Health System, Nelson has a true passion for helping others. A lifelong learning, Nelson holds a master's in healthcare administration, a bachelor's of science in education and an associate's in radiography. He is currently pursuing his fellowship through the American College of Healthcare Executives (ACHE). A graduate of Leadership Bend 2024, Nelson and his cohorts, in partnership with Bethlehem Inn, St. Charles Health System and Treeline Cinematic developed an orientation video for new participants to the Inn. Nelson and his wife, Lisa, married for 28 years, have three adult children, Joshua, Olivia and Rosalind who are the love of their lives.



**Erika McCalpine**



**Scott Nelson**

**Dermatology Health Specialists** welcomes **Debbie Miller, MD, Scott Collins, MD** and **Sam Christensen, PA-C** to their team.

Miller joined Derm Health following nearly 30 years of private practice in Portland and teaching at OHSU. She is a nationally renowned expert in dermoscopy, a non-invasive technique of examining skin lesions.

Collins has joined the Derm Health team with more than 30 years of experience as a Mohs surgeon and skin cancer specialist. He also serves on numerous national committees focused on innovation in healthcare delivery.

Christensen has increased his availability at Derm Health to provide full-time patient care in Central Oregon, following several years as a clinician at OHSU.



**Debbie Miller**



**Scott Collins**



**Sam Christensen**



**J.J. Jones**

**RE/MAX Key Properties** welcomes **J.J. Jones** to its esteemed group of real estate professionals. As a dedicated Real Estate Broker, Jones' mission is to fully address the needs and goals of his clients. Utilizing all available resources, including cutting-edge technology, he strives to turn your real estate dreams into reality, both now and in the future. Jones proudly holds the Graduate Realtor Institute (GRI) and Certified Residential Specialist (CRS) designations. These accolades signify professional training and dedication to providing top-notch service, earning national recognition as a high performer in the Real Estate Industry.

Beyond real estate, Jones is an avid rafter, snowboarder and music enthusiast. He is involved in music events throughout the region including Bigstock Fundraiser. Born in New Jersey

**Habitat for Humanity of La Pine Sunriver** announces the hire of executive director, **Kim Gammond**, who assumes her role effective September 16.

Gammond joins Habitat following her tenure as executive director of City Club of Central Oregon, where she led transformative growth in outreach, programming and fundraising.

Prior to her tenure at City Club, Gammond managed communications and public affairs for the Central Oregon Association of Realtors, where she grew outreach, built strong partnerships with community and industry groups, led trainings and planned events. Gammond holds a master's degree in Communication from Purdue University and a bachelor's degree in Political Science and History from the University of Oregon.



**Kim Gammond**

**EP Climbing** based in Bend and its parent company proudly played a significant role in the 2024 Paris Olympics, designing and building the climbing

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**Who's Who!**

Send a high resolution head shot and a short, 100- to 150-word writeup to [CBN@CascadeBusNews.com](mailto:CBN@CascadeBusNews.com) to be seen in the next edition of *Cascade Business News*.

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**Who's Who**  
Continued from previous page

walls at the Le Bourget Climbing Venue from August 5-10. This event marked a significant moment for climbing, drawing global attention and showcasing the sport on one of its biggest stages yet.

At the Paris 2024 Olympics, climbing took center stage with three key disciplines: lead climbing, speed climbing and bouldering. EP Climbing was responsible for creating the climbing walls that tested the world's best climbers:

- **Lead Climbing Wall:** A towering 15-meter wall featuring our Mozaik technology and 18mm panels, crafted to push athletes' endurance and climbing techniques.

- **Speed Climbing Wall:** Standing at 15 meters high, this wall used 21mm panels with Mozaik technology, supporting personal bests and record-breaking performances.

- **TITAN Boulder Wall:** Standing at 4.5 meters, the TITAN wall was developed in collaboration with the International Federation of Sport Climbing (IFSC) used 18mm panels and Mozaik technology. It's dynamic angles brought creativity and intensity to the bouldering events for both climbers and spectators.

Building on our experience from the Tokyo Olympics, we enhanced our designs for Paris, delivering walls that were both technically advanced and visually striking. Constructed at an EP facility in Spain, each wall was designed with precision to meet the rigorous standards of Olympic competition. Despite a demanding two-week construction period, our team successfully brought these ambitious designs to life, creating a dynamic and challenging field of play for athletes.

With the sport's continued growth, including the debut of para climbing at the Los Angeles 2028 Olympics, EP Climbing is eager to contribute to the sport's future. The TITAN Boulder Wall, now available for climbing gyms worldwide, offers climbers the chance to experience Olympic-level challenges. Currently, there is one TITAN in the U.S., located at the Portland Rock Gym in Beaverton.

**Sisters Rodeo** Board of Directors announce the Queen tryouts for their 85th annual rodeo. This is an opportunity for young ladies to compete for the title of the 2025 Sisters Rodeo Queen. Each contestant must be an Oregon resident, between the ages of 18 and 25 as of June 1 the year they are trying out. Entrants will be judged on horsemanship, speech, personality/interviews and appearance.

The young woman chosen as Queen will receive a buckle, wardrobe, travel expenses and will be awarded the Sally Leavitt Queen Scholarship of \$2500 for her continued education. She will represent the Sisters Rodeo Association at rodeos throughout the state and will be hostess to other courts during our 85th Annual Sisters Rodeo. Applications must be turned in by Thursday, September 5 by 5pm.

Interested applicants can contact Aly Fazz at [afazz@sistersrodeo.com](mailto:afazz@sistersrodeo.com) for

more information. Applications are available on the Sisters Rodeo website at [sistersrodeo.com/queen-tryouts](http://sistersrodeo.com/queen-tryouts).

Tryouts will be held September 8, 2024 starting at 8am at the Sisters Rodeo Outdoor Arena.

**City Club of Central Oregon** announces the departure of its Executive Director, Kim Gammond, who will be stepping down from her role effective August 30, 2024. Gammond will be assuming the position of executive director for Habitat for Humanity of La Pine and Sunriver in mid-September.

Gammond has been a transformative leader for City Club, fostering an environment of open dialogue and civic engagement across Central Oregon. Her leadership has strengthened the organization's mission of fostering an informed, civically engaged community through dialogue and education.

City Club announces that **Amber Thacher** will serve as interim executive director following Gammond's departure. Thacher brings a wealth of experience from her previous role as senior director of program management at Harvard Kennedy School of Government Executive Education, where she was instrumental in the success of more than 60 programs annually, serving over 4,000 participants worldwide. Thacher's extensive background in policy implementation, international education and program management positions her well to lead City Club during this transition.

Prior to her tenure at Harvard, Thacher managed study abroad programs at several prestigious universities, including Boston University and Northwestern University, and directed educational programs in Mexico and Costa Rica. Thacher holds a master's degree in intercultural relations from Lesley University and a bachelor's degree in political science from the University of Oregon.

In addition to Thacher's appointment, City Club has recently expanded its team by bringing on **Quinn Rose** as the new forum coordinator. Rose will focus on managing the strategy, content and event planning for the organization's monthly forums, ensuring that City Club continues to provide valuable opportunities for civic engagement in Central Oregon.

**The Crooked River Roundup Foundation** announced that it has awarded ten scholarships to deserving students in Central Oregon who are pursuing careers or learning in the fields of ranching, farming, agriculture and rodeo.

The scholarships, valued at \$1,000 each, will provide financial support to students who have demonstrated a strong commitment to their academic pursuits and a passion for the western way of life. Scholarships went to **Andraya McNary**, Prineville; **Cutter Marsh**, Powell Butte; **Kaylyn Fildes**, Prineville; **Lauren Papke**, Prineville; **Jesse Wood**, Prineville; **Ninette Garcia**, Madras; **Oran Davis**, Mitchell; **Tavia Quinn**, Prineville; **Wyatt Wood**, Prineville; and **Zach Levesque**, Prineville.

The scholarship recipients were selected based on their academic performance, extracurricular activities and involvement in the agricultural community. They will be using the scholarships to attend trade school programs, colleges and universities in the region.

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## Energy Trust

*Continued from page 3*

all areas of the nonprofit's operations and planning.

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## BVC

*Continued from page 3*

and entrepreneurship in Central Oregon and beyond. Throughout the two-day event, startup companies from around the country will take the Tower Theatre stage to pitch their businesses to BVC's community of investors. Through a new partnership with The BFM Fund, the New Economy Track provides a platform for startups who provide significant economic and social returns aligned with the principles of the Solidarity Economy.

Himalaya Rao, managing director of The BFM Fund, said, "We are delighted for the partnership with BVC. This opportunity creates a new track of entrepreneurs and helps bring outside talent and funding resources into Oregon. We firmly believe that cross-regional and multi-state collaborations will help elevate Oregon's next ten-year innovation plan, particularly in the area of social enterprise investing. The semifinalists represent a diverse

set of companies who all work in alignment with the Solidarity Economy framework, paving the way for the future of venture capital — where both investor returns, and inclusive innovation are inextricably linked."

The New Economy Track is dedicated to supporting startups that are creating impactful technologies with a specific focus on accelerating inclusive innovation that encourages participation for marginalized or socially and economically disadvantaged (SEDI) communities.

In alphabetical order, the semifinalists are:

Asha AI (Seattle, Washington) — Asha AI is a clinical trial management tool that empowers pharmaceutical companies to achieve better outcomes, decrease trial cost and timelines and increases access to actionable data through a conversational AI that is accessible to anyone-including the elderly and disabled.

Eco-ShelterInc.(Tacoma,Washington)—Eco-Shelter delivers an affordable roofing and building product made from bamboo that can profitably shelter millions with

## Bend Language Institute

*Continued from page 3*

French, American Sign Language, Japanese, German and more.

Over the past few years, a number of businesses and nonprofits have been sponsoring their employees' language development with BLI to further their professional communication capabilities. In order to meet the need of local organizations, BLI is launching a new corporate language program this fall.

Founder Christina Cappy explains that through the corporate language program courses can be customized to focus on specific content, such as cross-cultural customs and training, international trade, healthcare, building construction, or everyday business interactions and digital communications. "There will be other customizable aspects as well," explains Cappy, "such as whether a business would like to offer in-person or remote classes, and the option to choose between a one-time three-hour class or an eight-week course with even more opportunities for personalization. These courses can assist business owners, managers, and employees to communicate with their clients, patients and colleagues." Cappy's goal is to make the program as accessible as possible to businesses that would like to participate.

BLI is currently organizing corporate language programs in Spanish and English to begin in September and October.

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nearly no carbon emissions.

Fortuna Cools (Dover, Delaware) — Fortuna Cools partners with coconut oil factories to process their waste and turn it into insulation for recreational coolers and business packaging.

Hardcore Peanut Butter Spread (Minneapolis, Minnesota) - Hardcore Peanut Butter Spread uses superfood ingredients, mixed into allergen-free peanut butter, to give all consumers a better-for-you, safe product.

Home Lending Pal (Orlando, Florida) — Home Lending Pal uses trusted digital financial and credit sources to simulate the home purchasing process to help educate first-time home buyers on their mortgage approval odds.

Hamilton Perkins Collection (Los Angeles, California) — Hamilton Perkins Collection creates award-winning products from recycled materials and develops regenerative materials for the circular economy.

Samay (Mountain View, California) — Samay is commercializing a wearable system, Sylvee, that non-invasively monitors lung function in patients with

chronic respiratory disease in clinical and home environments.

Wildfire Watchdog (Bend) — Wildfire Watchdog offers automated wildfire protection with real-time alerts, remote monitoring and automated responses.

Over the upcoming weeks, The BFM Fund will meet with semifinalist companies at a series of due diligence meetings to narrow the companies to a list of finalists, which will be announced in early October. Companies in the New Economy Track have an opportunity at investment of \$100,000, thanks to BVC's partnership with The BFM Fund. Attendees who register before Monday, September 30, will receive ten percent off their order.

Bend Venture Conference cannot guarantee that investments will be made in any specific amount because the final amounts to be awarded are dependent on investment commitments received from third-party investors and the ability of the winning companies and the investors to agree on the terms and conditions of the investment.

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## Bend Chamber

*Continued from page 3*

it affordable to locally employed, mid-market buyers. "We are so grateful to community business leaders like Providence for investing in one of the fundamentals of community health — the ability to own a home," said Katy Brooks, Bend Chamber CEO.

In partnership with Mid Oregon Credit Union, Bend Redmond Habitat for Humanity, and local builders Hiatus Homes, and Cascade Precision Homes, the first project utilizing this new loan product is located in SE Bend and will be ready for occupancy in early winter. The new home will be permanently affordable, and deed restricted to households earning up to 120% of area median income (AMI).

The low-interest, short-term loan is

designed to offset land acquisition, pre-development, and construction costs in a market burdened by the high cost of land, construction supplies, labor and lending. The new program will leverage the collaboration of local builders, developers, investors and non-profit partners to build more attainable housing for Bend's workforce within 80%-120% of AMI.

The Chamber conducted a study in 2022 that showed 91% of regional employers said housing had a high impact on their ability to hire and retain employees. "This was a clear indication that our housing problem is not just a human issue, it's an economic constraint," said Sara Odendahl, Bend Chamber director of Government Affairs and Strategic Initiatives.

### How the Loan Works

- The Bend Chamber partners with non-profit housing organizations, builders, developers, and employers to identify land throughout the city of Bend to utilize the Loan, resulting in lower costs passed

on to the buyer.

- The fund is flexible and can be used for property acquisition, permitting, or construction costs.

- The fund will be managed by Mid Oregon Credit Union and deployed as an 18-24-month revolving loan at 3% interest.

- The home must be deed-restricted to ensure that future buyers are employed in Bend and earn between 80%-120% of AMI.

- The loan fund is funded through philanthropic contributions to the BendNEXT Foundation, the 501(c)3 foundation of the Bend Chamber.

"Building homes within financial reach of employees is critical to employers," said Brooks. "This loan provides a way to leverage the ability to reduce costs and partner with others who want Bend to be home and workplace to more of us."

### Event Details

**Date:** Thursday, August 29, 2024

**Time:** 12-1pm (Remarks and speakers begin promptly at noon)

**Location:** 1475 SE Wilson Avenue, Bend, 97702

**Parking:** Located across the street at Ponderosa Park

*This is an active construction site, please wear appropriate footwear for dirt and uneven surfaces.*

The mission of the Bend Chamber is to create an environment where businesses, their employees and our community excel together through collaboration, advocacy, resources and leadership to meet Bend's business challenges.

The BendNEXT Foundation is the philanthropic arm of the Bend Chamber. BendNEXT strengthens our businesses, economy, and our community through workforce development and retention, leadership development, and activating partnerships to tackle our region's most pressing issues.

[bendchamber.org](http://bendchamber.org)

## Sisters Coffee Company

*Continued from page 3*

Sisters Coffee Company and made their dream of starting their own coffee roasting company in Central Oregon a reality," said Justin Durham, president of Sisters Coffee Company, who owns and runs the company with his brother, Jared Durham, and sister, Jesse Durham. "We're so happy to honor that legacy, while also keeping Sisters Coffee Company fresh and vibrant for the future."

To celebrate the 35-year milestone and the

introduction of its refreshed brand, Sisters Coffee Company will be giving away a free 12-ounce bag of its Black Butte Gold whole bean coffee with any drink purchase in its cafes in Sisters, Bend and Portland on Friday, September 6, while supplies last. Featuring coffees from Brazil, Papua New Guinea and Colombia, Black Butte Gold is a classic dark roast Sisters Coffee Company blend created by the founders 35 years ago.

"We really just want to celebrate the longevity of Sisters Coffee Company while also saying thank you to our customers, who have always been a big part of our story," said Jesse, chief strategy officer. "And the rebrand is something that we've been meaning to

do for a while to help elevate and bring consistency to the brand. My brothers and I are all really proud of the way everything has come together. We're so thankful for the past 35 years and so excited about what's ahead for Sisters Coffee Company."

### About Sisters Coffee Company:

*Founded in 1989, Sisters Coffee Company strives to create an authentic coffee experience built on a deep love for the craft and heartfelt kindness for the people it serves. The company specializes in coffees sourced from ethical producers around the globe and makes them available through its three Oregon cafes and numerous retail locations.*

[sisterscoffee.com](http://sisterscoffee.com)

# Central Oregon Business Calendar

Email Your Upcoming Business Events to [CBN@CascadeBusNews.com](mailto:CBN@CascadeBusNews.com)  
 Event Details at [CascadeBusNews.com/Business-Events](https://CascadeBusNews.com/Business-Events)

## BUSINESS EVENTS



- September 5**  
2-4pm City of Bend Virtual and In-Person Bend City Council and Deschutes County Board of Commissioners Joint Meeting at Deschutes Services Building, Barns & Sawyer Rooms, Bend.
- September 6**  
8am Madras Chamber Coffee Cuppers at First Interstate Bank, Madras.
- September 10**  
8-9:30am Bend Chamber Commerce & Coffee at Waypoint Hotel, Bend.
- September 10**  
5:30-7:30pm SCORE Free, Confidential One-on-One Small Business Counseling at Bend Downtown Library.
- September 11**  
11:30am-1:30pm City Club of Central Oregon September Forum, Annual Regional City Managers Forum, at Tetherow Resort Event Pavilion, Bend.
- September 11**  
3-5pm Bend Chamber Bend YP Expert Lab, Fit for Success: Striking a Work/Life/Health Balance at Subaru of Bend.
- September 11**  
5:30-6:30pm COCC Project Management Information Meeting at COCC Bend Campus CAS 104.
- September 12**  
11:45am-1pm ConnectW Munch & Mingle at Olive Garden, Bend.
- September 13**  
8am Madras Chamber Coffee Cuppers at Oregon Child Development Coalition, Madras.

- September 14**  
3-6:30pm Heart of Oregon Corps Endless Summer Nights Fundraiser at Bend Park & Float.
- September 17**  
9-10:30am Visit Bend Virtual and In-Person Board of Directors Meeting at Oxford Hotel.
- September 17**  
5-7:30pm Bend Chamber What's Brewing: Ballot Backfire — How Measure 118 will Hurt Business & Consumers, at Tetherow Resort Event Pavilion.
- September 17**  
5:30pm OSU-Cascades Science Pub, The Situation in Ukraine, at OSU-Cascades Edward J. Ray Hall, Bend Campus.
- September 18**  
5:30-8pm ConnectW Monthly Dinner Meeting at Open Space Event Studios, Bend.
- September 19**  
11am Deschutes County Coordinated Houseless Response Office Meeting.
- September 19**  
3-4pm Bend Chamber Ribbon Cutting and Grand Opening at Dania Furniture.

## WORKSHOPS & TRAINING



- October 10-11**  
8:30am-5pm Bend Chamber Two-Day Workshop, Cultivating Connection & Belonging in the Workplace, at Worldmark Bend, Seventh Mountain Resort.
- (Ongoing)**  
COCC Small Business Development Center Virtual Classes.

## Building Permits


### COMMERCIAL PERMITS WEEK ENDING 8-16-24 & 8-23-24

#### City of Bend

- \$1,282,929.00 - Commercial (Alteration) 5,999 sf. at 63455 N Hwy 97 Ste. 8 Bend 97703 OR Owner: CVSC, LLC Builder: Warwick Construction, Inc. 832-448-7000 Permit # PRRE202305407
- \$4,294,285.00 - Commercial (New) 23,838 sf. at 21865 Empire Ave. Bend 97701 OR Owner: Trinity Evangelical Lutheran Church of Christ Builder: Sunwest Builders 541-548-7341 Permit # PRNC202401827
- \$114,897.00 - Commercial (Alteration) 42 sf. at 20950 NE Talus Pl. Bend 97701 OR Owner: Suterra, LLC Builder: CS Construction 541-617-9190 Permit # PRRE202403773
- \$42,000.00 - Commercial (Alteration) 136 sf. at 650 NE Butler Market Rd. Bend 97701 OR Owner: LLL Lubrication, LLC Builder: Sierra James Construction, LLC 541-306-3775 Permit # PRRE202404444

#### City of Redmond


- \$1,200,000.00 - Commercial (Alteration) 9,743 sf. at 629 SW 5th St. Redmond 97756 OR Owner: Hayden Income Property, LLC 963 SW Simpson Ave. Ste #110 Bend, OR 97702 Builder: Simplicity Homes, LLC 877-417-4675 Permit # 711-24-001309



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